

# Fall River Fitness Challenge Weigh-in & Challenge Schedule



\* Feb. 6th 9am Challenge & Weigh-In Day  
Meet @ CD REC for FREE Challenge event

\* Feb. 20th 9am Challenge & Weigh - In Day  
Meet at Industrial Park Walk way for  
FREE Challenge event

**-If participant weighs in on a scheduled  
challenge day they will be entered into a raffle.**



\* Follow - up days for weigh-in if you missed the  
challenge and weigh-in day

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 5:30pm Fitness Q&A @Rec	4	5	6 
7 	8 	9 	10 5:30pm Fitness Q&A @Rec	11	12	13
14	15	16	17 5:30pm Fitness Q&A @Rec	18	19	20 
21 	22 	23 	24 5:30pm Fitness Q&A @Rec	25	26	27
28						

**\*All participants must weigh-in during the  
scheduled times**

[www.fallriverfitnesschallenge.com](http://www.fallriverfitnesschallenge.com)

Any questions please call:  
CD REC @ 508-679-0922