

Move 2 Win Classes & Events

February 2018



MONDAY	TUESDAY	THURSDAY
		February 1st Charles Kim <i>Semi-Private Training</i> Session 7:00 a.m.
February 5th Chris Allen <i>Semi-Private Training</i> Session 6:00 p.m.	February 6th Cindy Enkhtugs <i>Semi-Private Training</i> Session 6:00 p.m.	February 8th Charles Kim <i>Semi-Private Training</i> Session 7:00 a.m.
February 12th Chris Allen <i>Semi-Private Training</i> Session 6:00 p.m.	February 13th Cindy Enkhtugs <i>Semi-Private Training</i> Session 6:00 p.m.	February 15th Charles Kim <i>Semi-Private Training</i> Session 7:00 a.m.
February 19th Chris Allen <i>Semi-Private Training</i> Session 6:00 p.m.	February 20th Cindy Enkhtugs <i>Semi-Private Training</i> Session 6:00 p.m.	February 22nd Charles Kim <i>Semi-Private Training</i> Session 7:00 a.m.
February 26th Chris Allen <i>Semi-Private Training</i> Session 6:00 p.m.	February 27th Cindy Enkhtugs <i>Semi-Private Training</i> Session 6:00 p.m.	

Need Nutrition Assistance?

Get a Registered Dietitian to help you reach your goals!

Come to Mark Levine's Nutrition Lecture Thursday, February 1st Evening 6:00 p.m.

Visit FFC.COM/M2W to register and view complete rules.