

CHKD *Healthy You for Life* Family Fitness Calendar



January 2012						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Kids Zumba 5-6pm	3	4	5	6	7
8	9 Kids Zumba 5-6pm	10	11 Group Fitness 7pm-8 CHKD Kempsville	12	13	14 Fit Club 11am -12 Virginia Beach- see description of events Movie Cardio 9:30 CHKD Oakbrooke
15	16 Martin Luther King Jr. Day Kids Zumba 5-6pm	17	18	19	20	21 Fit Club 11am -12 Virginia Beach- see description of events
22	23 Kids Zumba 5-6pm	24	25 Group Fitness 7pm-8 CHKD Oakbrooke	26	27	28 Mt Trashmore Walk 9:30 HY Game Day 9:30 CHKD Oakbrooke
29	30 Kids Zumba 5-6pm	31	Kids (ages 7-12) Zumba @ <i>MamboRoom</i> , Ghent/Norfolk 5:00-6:00pm every Monday			

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Fit Club 11am -12 Virginia Beach- see description of events HY Game Day 9:30 CHKD Oakbrooke
5	6 Kids Zumba 5-6pm	7	8 Group Fitness 7pm-8 CHKD Kempsville	9	10	11
12	13 Kids Zumba 5-6pm	14 Valentine's Day	15	16	17	18 HY Game Day 9:30 CHKD Oakbrooke
19	20 President's Day Kids Zumba 5-6pm	21	22 Group Fitness 7pm-8 CHKD Oakbrooke	23	24	25 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
26	27 Kids Zumba 5-6pm	28	29			

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Fit Club 11am -12 Virginia Beach- see description of events Wii Olympics 9:30 CHKD Oakbrook
4	5 Kids Zumba 5-6pm	6	7 Group Fitness 7pm-8 CHKD Kempsville	8	9	10 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
11	12 Kids Zumba 5-6pm	13	14	15	16	17 St. Patrick's Day HY Game Day 9:30 CHKD Oakbrooke
18	19 Kids Zumba 5-6pm	20	21 Group Fitness 7pm-8 CHKD Oakbrooke	22	23	24 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
25	26 Kids Zumba 5-6pm	27	28	29	30	31 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore KICKBALL GAME 9:30

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Kids Zumba 5-6pm	3	4 Group Fitness 7pm-8 CHKD Kempsville	5	6	7 Fit Club 11am -12 Virginia Beach- see description of events HY Game Day 9:30 CHKD Oakbrooke
8 Easter	9 Kids Zumba 5-6pm	10	11	12	13	14 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
15	16 Kids Zumba 5-6pm	17	18 Group Fitness 7pm-8 CHKD Oakbrooke	19	20	21 Fit Club 11am -12 Virginia Beach- see description of events HY Game Day 9:30 CHKD Oakbrooke
22 Earth Day	23 Kids Zumba 5-6pm	24	25	26	27	28 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
29	30 Kids Zumba 5-6pm					

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Group Fitness 7pm-8 CHKD Kempsville	3	4	5 Fit Club 11am -12 Virginia Beach- see description of events Movie Cardio 9:30 CHKD Oakbrooke
6	7 Kids Zumba 5-6pm	8	9	10	11	12 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore Walk 9:30
13 Mother's Day	14 Kids Zumba 5-6pm	15	16 Group Fitness 7pm-8 CHKD Oakbrooke	17	18	19 Fit Club 11am -12 Virginia Beach- see description of events HY Game Day 9:30 CHKD Oakbrooke
20	21 Kids Zumba 5-6pm	22	23	24	25	26 Fit Club 11am -12 Virginia Beach- see description of events Mt Trashmore KICKBALL GAME 9:30
27	28 Memorial Day	29	30	31		