



# Pentagon Fit To Win Program



## October 2014 Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Behavior Modification 4 Weight Mgmt.	1100-1200
1	*Quit To Win/Tobacco (1 of 3)*	1200-1300
2	Diabetes Management	0930-1100
3	Debrief/Exercise Orientation	1000-1100
6	Understanding Heart Disease	1100-1230
7	Mindful Eating	1100-1200
8	Nutrition 4 Weight Management (part 1)	1100-1200
8	*Quit To Win/Tobacco (2 of 3)*	1200-1300
10	Debrief/Exercise Orientation	1000-1100
14	Why Do I Hurt?	1100-1200
14	Prevent Running Injuries	1200-1300
15	Exercise 4 Weight Management	1100-1200
15	*Quit To Win/Tobacco (3 of 3)*	1200-1300
16	Diabetes Management	0930-1100
17	Debrief/Exercise Orientation	1000-1100
20	Cholesterol Management	1100-1230
21	Blood Pressure Management	110-1200
22	Nutrition 4 Weight Management (part 2)	1100-1200
24	Debrief/Exercise Orientation	1000-1100
28	Sports Nutrition	1100-1200
31	Debrief/Exercise Orientation	1100-1200

**Call 692-8898 to register for FTW classes  
But, walk-ins are always accepted.**

***\* Denotes that classes must be attended in order (no exceptions)***