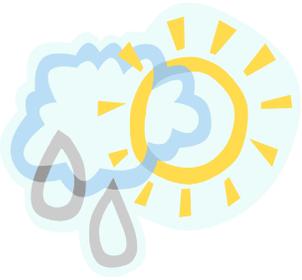


PENTAGON FIT TO WIN PROGRAM



APRIL 2015 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Behavior 4 Weight Management	1100-1200
1	*Quit To Win/Tobacco (1 of 3)*	1200-1300
8	Nutrition 4 Weight Management	1100-1200
8	*Quit To Win/Tobacco (2 of 3)*	1200-1300
10	Working Moms Lunch & Learn	1100-1200
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
20	Healthy Heart	1100-1230
24	Healthy Sleep Patterns	1100-1200

Call 692-8898 to register for FTW classes

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