

Pentagon Fit To Win Program



May 2015 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
6	Behavior 4 Weight Management	1100-1200
6	*Quit To Win/Tobacco (1 of 3)*	1200-1300
12	Why Do I Hurt?	1100-1200
12	Prevent Running Injuries	1200-1300
13	Nutrition 4 Weight Management	1100-1200
13	*Quit To Win/Tobacco (2 of 3)*	1200-1300
15	Working Mom's Lunch & Learn	1100-1200
18	Healthy Heart	1100-1230
20	Exercise 4 Weight Management	1100-1200
20	*Quit To Win/Tobacco (3 of 3)*	1200-1300
22	Healthy Sleep Patterns	1100-1200
25	Sports Nutrition	1100-1200

Call 692-8898 to register for FTW classes

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

*Classes in blue are Weight Management classes
are heart healthy classes
education classes

*Classes in red
are heart healthy classes
education classes

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.