

Thursday Maintenance Program NOON- 12:45 PM

Other Maintenance Options:

Thursday 11:00 – 11:45 am *Chair Exercise Class with Brooke*

Thursday 1:00-2:00 PM *Resistance Training with Tim*

*Topics and Presenters are subject to change **without** notice.*

<i>Date</i>	<i>Presenter</i>
A nurse will be available for weigh-ins on the 2nd and 4th weeks of each month. This free service may also include a blood pressure check if desired. Thursday: 11:30 am – 12:00 pm (see attached schedule)	
01/01/09	Office Closed
01/08/09	Peer Led
01/15/09	SWMC Exercise Specialist-Brooke
01/22/09	SWMC Dietitian
01/29/09	Peer Led
02/05/09	SWMC Behaviorist
02/12/09	SWMC Exercise Specialist-Brooke
02/19/09	Peer Led
02/26/09	SWMC Dietitian
03/05/09	SWMC Behaviorist
03/12/09	Peer Led
03/19/09	SWMC Exercise Specialist-Brooke
03/26/09	SWMC Dietitian
04/02/09	Peer Led
04/09/09	SWMC Behaviorist
04/16/09	SWMC Exercise Specialist-Brooke
04/23/09	Peer Led
04/30/09	SWMC Dietitian
05/07/09	SWMC Behaviorist
05/14/09	Peer Led
05/21/09	SWMC Exercise Specialist-Brooke
05/28/09	SWMC Dietitian
06/04/09	Peer Led
06/11/09	SWMC Behaviorist
06/18/09	SWMC Exercise Specialist-Brooke
06/25/09	Peer Led