

Get Fit/Be Fit Event Calendar for March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*You must register for all seminars by calling 437-2313 or email unitedmr@smig.net .</p> <p>*ALL Hy-Vee seminars held at Hy-Vee. Others held at Austin Public Library (APL) large conference room unless otherwise noted.</p> <p>*BINGO cards can be found on UW website at www.uwmower.org.</p> <p>*BINGO is one week only and cards can be turned into UW for prize drawing.</p> <p>*Visit our website for more specific details about events on the Event Calendar page</p> <p>*Some seminars limited in number. Please register early. Small fee for some events. See web for details.</p> <p>You must sign in at seminars to receive bonus points.</p>						<p>NON MEMBERS ENJOY YMCA FREE MAR 22-28 JOINERS FEE WAIVED FOR GET FIT NEW MEMBERS.</p>
<p>1 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall 6:30-7:30 Ballroom Dance at YMCA. \$ See web 4 info</p>	<p>2</p>	<p>3 Get Fit Wednesday Email 12:00-1:00 In Season at Hy-Vee. Find out what is in season and how to prepare it. Meet in produce section</p>	<p>4 MID POINT WEIGH IN 10:30 KAUS 1480 GET FIT RADIO SHOW</p>	<p>5 6:45-8:00 Family Fun Night at YMCA</p>	<p>6</p>	<p>7</p>
<p>8 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall 6:30-7:30 Ballroom Dance at YMCA. \$ See web 4 info</p>	<p>9 BINGO BEGINS</p>	<p>10 Get Fit Wednesday Email Deadline for Get Fit Fitness Challenge on Sat.</p>	<p>11 10:30 KAUS 1480 GET FIT RADIO SHOW</p>	<p>12</p>	<p>13 9:00am-Get Fit/Be Fit Fitness Challenge at YMCA. Max of 30 people. Sign up at Y or UW.</p>	<p>14</p>
<p>15 5:15-6:00 pm YMCA Monday Walk at Mall 6:30-7:30 Ballroom Dance</p>	<p>16 BINGO ENDS</p>	<p>17 Get Fit Wednesday Email</p>	<p>18 10:30 KAUS 1480 GET FIT RADIO SHOW</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>22 FREE WEEK AT YMCA 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall 6:30-7:30 Ballroom Dance</p>	<p>23 FREE WEEK AT YMCA 12:00-1:00 Easy Snacks to Refuel w/samples \$5 fee at Hy-Vee</p>	<p>24 FREE WEEK AT YMCA Get Fit Wednesday Email</p>	<p>25 FREE WEEK AT YMCA 10:30 KAUS 1480 GET FIT RADIO SHOW</p>	<p>26 FREE WEEK AT YMCA</p>	<p>27 FREE WEEK AT YMCA</p>	<p>28 Palm Sunday FREE WEEK AT YMCA</p>
<p>29 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall</p>	<p>30</p>	<p>31 Get Fit Wednesday Email</p>				

Get Fit/Be Fit Event Calendar April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*You must register for all seminars by calling 437-2313 or email unitedmr@smig.net . *ALL Hy-Vee seminars held at Hy-Vee. Others held at Austin Public Library (APL) large conference room unless otherwise noted. *BINGO cards can be found on UW website at www.uwmower.org. *BINGO is one week only and cards can be turned into UW for prize drawing. *Visit our website for more specific details about events on the Event Calendar page *Some seminars limited in number. Please register early. Small fee for some events. You must sign in at seminars to receive bonus points.</p>			<p>1 10:30 KAUS 1480 GET FIT RADIO SHOW 5:30-7:00pm Stress Management w/Dr. Tim Johnson at APL</p>	<p>2 7:00-8:00 Women's Dance Workout. See web for details.</p>	<p>3</p>	<p>4 EASTER</p>
<p>5 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall</p>	<p>6 BINGO BEGINS</p>	<p>7 Get Fit Wednesday Email</p>	<p>8 10:30 KAUS 1480 GET FIT RADIO SHOW 12:00-1:00 In Season at Hy- Vee. What is in season and how to prepare it.</p>	<p>9 7:00-8:00 Women's Dance Workout. See web for details.</p>	<p>10 10:00 4 Legged Friend Walk. Bring your pet and enjoy time outside.</p>	<p>11 Mini Tri at YMCA</p>
<p>12 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall</p>	<p>13 BINGO ENDS</p>	<p>14 Get Fit Wednesday Email</p>	<p>15 10:30 KAUS 1480 GET FIT RADIO SHOW</p>	<p>16 7:00-8:00 Women's Dance Workout. See web for details.</p>	<p>17 Healthy Kids Day at YMCA</p>	<p>18</p>
<p>19 5:15-6:00 pm YMCA Monday Walk at Oak Park Mall</p>	<p>20</p>	<p>21 Get Fit Wednesday Email</p>	<p>22 GET FIT WEIGH OUT CONTEST ENDS</p>	<p>23 7:00-8:00 Women's Dance Workout. See web for details.</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29 Get Fit/Be Fit Press Conference. Winners announced</p>	<p>30</p>		