

active moms' CLUB

CLASS & EVENT CALENDAR – APRIL 2012


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 FROM THE CORE: POSTNATAL RECOVERY 11am INDOOR STRENGTH & CONDITIONING 4pm PRENATAL FITNESS 6:30pm	3	4 FROM THE CORE: POSTNATAL RECOVERY 11am	5 INDOOR STRENGTH & CONDITIONING 11am	6	7 PRENATAL FITNESS 8:30am & 10:30AM
8	9 FROM THE CORE: POSTNATAL RECOVERY 11am INDOOR STRENGTH & CONDITIONING 4pm PRENATAL FITNESS 6:30pm	10	11 FROM THE CORE: POSTNATAL RECOVERY 11am	12 INDOOR STRENGTH & CONDITIONING 11am	13	14 PRENATAL FITNESS 8:30am & 10:30AM
15 	16 FROM THE CORE: POSTNATAL RECOVERY 11am INDOOR STRENGTH & CONDITIONING 4pm PRENATAL FITNESS 6:30pm	17	18 FROM THE CORE: POSTNATAL RECOVERY 11am	19 INDOOR STRENGTH & CONDITIONING 11am	20	21 PRENATAL FITNESS 8:30am & 10:30AM
22 	23 PRENATAL FITNESS 6:30pm	24	25	26 FREE BICEPS, BABIES & BUGGIES KICK-OFF EVENT AT ATHLETA 11:30am – 1:30pm	27	28 PRENATAL FITNESS 8:30am & 10:30AM
29 PRENATAL FITNESS 6:30pm	30	<p>THINK SPRING! Outdoor stroller classes & the 90-day fitness challenge kick-off May 3rd!</p>				



All classes are held at i.d. gym, 2727 N Lincoln Ave, unless otherwise noted.

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CLASS & event calendar – MAY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 FREE PREVIEW CLASS! BICEPS, BABIES & BUGGIES - NEW MOMS 10:30am @ GIGGLE	2	3 SPECIAL KICK-OFF!!! BICEPS, BABIES & BUGGIES FITNESS CHALLENGE CLASS SPONSORED BY KOLCRAFT! 11am - OZ PARK	4	5 PRENATAL FITNESS 8:30am & 10:30AM
	6	7 BICEPS, BABIES & BUGGIES - INTMDT 4pm PRENATAL FITNESS 6:30pm	8 BICEPS, BABIES & BUGGIES - NEW MOMS 10:30am *New moms class meets at Giggle's store, 2116 N Halsted	9	10 BICEPS, BABIES & BUGGIES - INTMDT 11am	11
13	14 BICEPS, BABIES & BUGGIES - INTMDT 4pm PRENATAL FITNESS 6:30pm	15 BICEPS, BABIES & BUGGIES - NEW MOMS 10:30am	16 BICEPS, BABIES & BUGGIES - INTMDT 8:30am	17 BICEPS, BABIES & BUGGIES - INTMDT 11am	18	19 PRENATAL FITNESS 8:30am & 10:30AM
20	21 BICEPS, BABIES & BUGGIES - INTMDT 4pm PRENATAL FITNESS 6:30pm	22 BICEPS, BABIES & BUGGIES - NEW MOMS 10:30am	23 BICEPS, BABIES & BUGGIES - INTMDT 8:30am	24 BICEPS, BABIES & BUGGIES - INTMDT 11am	25	26 PRENATAL FITNESS 8:30am & 10:30AM
27	28 BICEPS, BABIES & BUGGIES - INTMDT 4pm PRENATAL FITNESS 6:30pm	29 BICEPS, BABIES & BUGGIES - NEW MOMS 10:30am	30 BICEPS, BABIES & BUGGIES - INTMDT 8:30am	31 BICEPS, BABIES & BUGGIES - INTMDT 11am		



All indoor classes are held at i.d. gym, 2727 N Lincoln Ave.
Biceps, Babies & Buggies classes are held at Oz Park in Lincoln Park