

# January

2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	<b>1</b> New Year's Day	2	3	4	5	6
7	8	9 Circuit Training 12:10pm-12:40pm	10	11 Circuit Training 12:10pm-12:40pm	12	13
14	<b>15</b> M L King Day	16	17	18	19	20
21	22	23 Circuit Training 12:10pm-12:40pm	24	25 Circuit Training 12:10pm-12:40pm	26	27
28	29	30	31	1	2	3

**Notes:**

Healthy eating tips and tricks: Emails will be sent out to participants that signed up for Weight Loss Challenge.

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