

WORKSHOPS JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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1	2	3	4	5	6	7
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Happy New Years

8	9	10	11	12	13	14
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Try It 9-21

15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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New Years ReV-olution

29	30	31
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Nutrition: Portion Distortion

WORKSHOPS FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	Nutrition: Portion Distortion					
5	6	7	8	9	10	11
CARDIO ~ HOW TO						
12	13	14	15	16	17	18
CORE TRAINING						
19	20	21	22	23	24	25
BUDDY WORKOUT						
26	27	28	29			
RESISTANCE 101 ~ LOWER						

Nutrition: Portion Distortion

CARDIO ~ HOW TO

CORE TRAINING

BUDDY WORKOUT

RESISTANCE 101 ~ LOWER

WORKSHOPS MARCH 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
RESISTANCE 101 ~ LOWER						
4	5	6	7	8	9	10
RESISTANCE 101 ~ UPPER						
11	12	13	14	15	16	17
MYTH BUSTER						
18	19	20	21	22	23	24
Meditation						
25	26	27	28	29	30	31
Stretching						

WORKSHOPS APRIL 2012

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5 6 7

Injuries

8 9 10 11 12 13 14

Fasting and How it Relates to Training

15 16 17 18 19 20 21

Posture 101

22 23 24 25 26 27 28

Food Sensitivities

29 30

Balance

WORKSHOPS MAY 2012

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4 5

Balance

6 7 8 9 10 11 12

Weight Loss

13 14 15 16 17 18 19

Muscle Gain

20 21 22 23 24 25 26

Pre- and Post-Workout Nutrition

27 28 29 30 31

WORKSHOPS JUNE 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30