

The Greater Jackson Shrinkdown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>January 2004</h1>				1	2	3
4	5 Shrinkdown Kickoff MS Trade Mart Noon– 7:00 pm	6	7	8	9	10
11	12 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	13 Low Impact Aerobics Reservoir Y, 5:30 pm	14 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	15 Low Impact Aerobics, Northside Y, Noon Cholesterol/Glucose Screening & “Tips On Changing How You Eat”, I-55 Y, 11:00 am—1:00 pm	16 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	17 Walking Clinton Y 9:00 am All ages
18	19 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	20 Low Impact Aerobics Reservoir Y, 5:30 pm	21 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	22 Low Impact Aerobics, Northside Y, Noon Blood Pressure Screening & “Handling Stress Differently”, Northside Y, 11:00 am—1:00 pm	23 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	24 Walking Clinton Y 9:00 am All ages
25	26 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	27 Low Impact Aerobics Reservoir Y, 5:30 pm	28 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	29 Low Impact Aerobics, Northside Y, Noon Waist/Hip Ratio & “Depression & Motivation”, Reservoir Y, 11:00 am—1:00 pm	30 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	31 Walking Clinton Y 9:00 am All ages
12-29-03						

***Weekly Weigh-Ins are held each Thursday
Starting January 15 and ending with the Finale on February 26**