

The Greater Jackson Shrinkdown

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	3 Low Impact Aerobics Reservoir Y, 5:30 pm	4 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	5 Low Impact Aerobics, Northside Y, Noon Nutrition & “Comfort Eating & Changing Habits”, Clinton Y, 11:00 am—1:00 pm	6 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	7 Walking Clinton Y 9:00 am All ages
8	9 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	10 Low Impact Aerobics Reservoir Y, 5:30 pm	11 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	12 Low Impact Aerobics, Northside Y, Noon Bone Density & “Depression & Motivation”, Southwest Y, 11:00 am—1:00 pm	13 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	14 Walking Clinton Y 9:00 am All ages
15	16 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	17 Low Impact Aerobics Reservoir Y, 5:30 pm	18 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	19 Low Impact Aerobics, Northside Y, Noon Prostate & Breast Health & “Balancing Spirit, Mind & Body”, I-55 Y, 11:00 am—1:00 pm	20 Low Impact Aerobics Southwest Y, 5:30 pm Fit Kidz Class Southwest Y, 5:30 pm	21 Walking Clinton Y 9:00 am All ages
22	23 Low Impact Aerobics Clinton Y, 5:30 pm Fit Kidz Class Clinton Y, 5:30 pm	24 Low Impact Aerobics Reservoir Y, 5:30 pm	25 Low Impact Aerobics I-55 Y, 5:30 pm Fit Kidz Class I-55 Y, 5:30 pm	26 Shrinkdown Finale All weigh-ins at I-55 Y 5:00 pm to 6:30 pm	27	28
29	<h1 style="font-size: 2em;">February 2004</h1>					
12-29-03						

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