



NOVEMBER 2012

Pritchett Field (Free)
Avenue 0 near 18th Street
Upper Field—Instructor YMCA Blue
Staff Shirt

HMH Sittercise (Free)
YMCA Activity Building
2906 Old Houston Rd
YMCA—Sandra Clifton
(936) 295-8009

Zumba (Free)
Huntsville Intermediate Gym
190 East
City of Huntsville –Kim Barnes
(936) 294-5725

Introduction to Group Exercise
YMCA Activity Building
2906 Old Houston Road
Limit 50
(936) 295-8009

Contact Information
Walker County Extension Agent
Meredith Henry
(936) 435-2426

Check out mapmywalk.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	2 Personal Workout	3
4	5 Walking Time Pritchett Field 6pm-7pm	6 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	7 Introduction to Group Exercise 6:00pm-7:00pm	8 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	6 Personal Workout	10
11	12 Walking Time Pritchett Field 6pm-7pm	13 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	14 Introduction to Group Exercise 6:00pm-7:00pm	15 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	16 Personal Workout	17
18	19 Walking Time Pritchett Field 6pm-7pm	20 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	21	22 	23 Personal Workout	24
25	26 Walking Time Pritchett Field 6pm-7pm	27 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	28 Introduction to Group Exercise 6:00pm-7:00pm	29 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	30 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	