



OCTOBER 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 Walking Time Pritchett Field 6pm-7pm	2 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	3 Introduction to Group Exercise 6:00pm-7:00pm	4 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	5 Personal Workout	6
7	8 Walking Time Pritchett Field 6pm-7pm	9 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	10 Introduction to Group Exercise 6:00pm-7:00pm	11 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	12 Personal Workout	13
14	15 Walking Time Pritchett Field 6pm-7pm	16 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	17 Introduction to Group Exercise 6:00pm-7:00pm	18 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	19 Personal Workout	20
21	22 Walking Time Pritchett Field 6pm-7pm	23 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	24 Introduction to Group Exercise 6:00pm-7:00pm	25 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	26 Personal Workout	27
28	29 Walking Time Pritchett Field 6pm-7pm	30 HMH Sitter cise 9:30am-10:30am Zumba5:30-6:30p	31 			