



JANUARY 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Introduction to Group Exercise 6:00pm-7:00pm	3 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	4 Personal Workout	5
6	7	8 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	9 Introduction to Group Exercise 6:00pm-7:00pm	10 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	11 Personal Workout	12
13	14	15 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	16 Introduction to Group Exercise 6:00pm-7:00pm	17 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	18 Personal Workout	19
20	21 MLK, Jr . Day	22 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	23 Introduction to Group Exercise 6:00pm-7:00pm	24 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	25 Personal Workout	26
27	28	29 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p	30 Introduction to Group Exercise 6:00pm-7:00pm	31 HMH Sittercise 9:30am-10:30am Zumba5:30-6:30p		

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

Zumba \$2.00 Per Class
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

The Diabetes and Mended Hearts Sup-
port Groups meet in the 2nd Floor
Conference Room at Huntsville Me-
morial Hospital.

Questions?- Karen Bilsing
(936)291-4599

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

Check out mapmywalk.com