



~ September 2012 ~						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Hip 2 Be Fit: Fitness 4 a cause "Stop the violence" Aggression-relief Paintball event Time: TBA
2	3 Stress-relief Activity: water aerobics/swim lesson 11am-12pm Gage Park 2411 w 55 th st	4	5 Stress-relief Activity: Lap swim/swim lesson 11am-12pm Gage Park 2411 w 55 th st	6	7	8
9	10	11 Stress-relief Activity: water aerobics/swim lesson 3:15pm-4pm Gage Park 2411 w 55 th st	12	13 Stress-relief Activity: Lap swim/swim lesson 3:15pm-4pm Gage Park 2411 w 55 th st	14	15
16	17	18	19	20	21 Stress-relief Activity: water aerobics/swim lesson 6:15pm-7pm Gage Park 2411 w 55 th st	22

◀ August		~ September 2012 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
23 Stress-relief Activity: Lap swim/swim lesson 6:15pm-7pm Gage Park 2411 w 55 th st	24	25	26	27	28	29	
30	Notes:						