



Registration: Dec 19 - Jan 14
Program Runs: Jan 23 - Mar 25
Fee: \$10



Only participants attending pre & post evaluation receive a t-shirt



Mandatory 5 minute Pre-Evaluation weigh-in

Tue, Jan 17 11 a.m. - 2 p.m. and 4 - 6 p.m.

Wed, Jan 18 11 a.m. - 2 p.m. and 4 - 6 p.m.



Mandatory 5 minute Post-Evaluation weigh-in

Mon, Mar 26 11 a.m. - 4 p.m.

Tue, Mar 27 1 - 6 p.m.



Thu, Jan 19 Caloric Balance Clinic time/location TBA

Tue, Jan 24 Aerobic Zone Training Clinic time/location TBA

For more information, contact Sports & Fitness at 633-7438.