



# CYCLEBAR®

GREENGATE

PRESENTS

## INNSBROOK'S BIGGEST LOSER 2018

Weekly weigh-ins every Tuesday

American Family Fitness Short Pump 11760 W. Broad St. 7:30am – 9:00am and 5:00pm – 7:00pm

Innsbrook Foundation Office 4600 Cox Road, Suite 109 11:30am – 1:00pm

Shady Grove YMCA 11255 Nuckols Road 11:30am – 1:00pm

\*Located at 4600 Cox Rd, James A & B

\*\*Located at 4600 Cox Rd, Volleyball Field

### JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

\*Jan. 9<sup>th</sup> – IBL Kickoff (initial weigh-in)

\*Jan. 9<sup>th</sup> – Wellness Forum (11:30 AM – 1:00 PM)

\*\*Jan. 18<sup>th</sup> – Go Team, Get Active (5:30 PM)

\*\*Jan. 20<sup>th</sup> – Go Team, Get Active (9:00 AM)

### FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

\*Feb. 8<sup>th</sup> – You & Improved (11:30 AM – 1:00 PM)

\*Feb. 13<sup>th</sup> – Wellness Forum (12:00 PM – 1:00 PM)

\*\*Feb. 15<sup>th</sup> – Go Team, Get Active (5:30 PM)

\*\*Feb. 17<sup>th</sup> – Go Team, Get Active (9:00 AM)

### MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10

March 6<sup>th</sup> – Last weigh-in



SUPERMARKETS

