

# November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 - 4:45pm  <b>KDR Boot Camp</b> 6:45 - 7:30pm	3 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	4 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 - 7:30pm	5 <b>Plainfield Boot Camp</b> 9:00 - 10:00am 3:15 - 4:00pm 4:15 - 5:00pm	6   <b>KDR Boot Camp</b> 6:45 - 7:30pm	7 <b>KDR Boot Camp</b> 8:00 - 8:45am  Smart Shopping @ Shaw's 11am (Upper Valley Plaza)
	9 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 - 4:45pm  <b>KDR Boot Camp</b> 6:45 - 7:30pm	10 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	11 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 - 7:30pm	12 <b>Plainfield Boot Camp</b> 9:00 - 10:00am 3:15 - 4:00pm 4:15 - 5:00pm	13   <b>KDR Boot Camp</b> 6:45 - 7:30pm	14
15	16 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 - 4:45pm  <b>KDR Boot Camp</b> 6:45 - 7:30pm	17 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	18 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 - 7:30pm	19 <b>Plainfield Boot Camp</b> 9:00 - 10:00am 3:15 - 4:00pm 4:15 - 5:00pm	20   <b>KDR Boot Camp</b> 6:45 - 7:30pm	Reminder: All Boot Camp classes are <b>FREE</b> to KDR members so get your extra workout in!
22	23 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 - 4:45pm  <b>KDR Boot Camp</b> 6:45 - 7:30pm	24 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	25 Lunchtime Seminar 12:30  Turkey Day Torching 6:45pm	26 Turkey Day Torching 7am  Thanksgiving Day	27   <b>KDR Boot Camp</b> 6:45 - 7:30pm	
29	30 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 - 4:45pm  <b>KDR Boot Camp</b> 6:45 - 7:30pm					

**80% of  
Looking  
Good is  
Feeling  
Good!**



Results by Design

# December 2009

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		