

Fall River Fitness Challenge Weigh-in & Challenge Schedule



Fitness Challenge Day - 10am @ CD REC Gym (Jan. 24th)

* This Challenge day all are welcome to come to CD REC for this first event. For information on the event visit the website.

www.fallriverfitnesschallenge.com

Websites to checkout

www.cdrec.org
www.diabetesma.org
www.wheretheoutlet.com
www.gfrpartners.com
www.ymcasouthcoast.org

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Weigh-In Week						
25	26	27	28	29	30	31

*All participants must weigh-in during the scheduled week

Any questions please call:

CD REC @ 508-679-0922

DAI @ 508-672-5671

Healthy City Fall River @ 508-324-2411