AF SERVICES Fitness & Sports

911th SERVICES Combat Support & Community Service

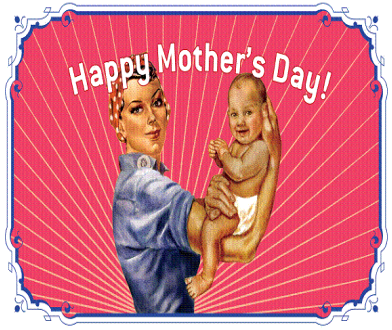
MAY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MAY FITNESS MONTH					1 UTA VOLLEYBALL TOURNAMENT
2 UTA	3 1000-ZUMBA 1100-CIRCUIT	4 1130-MAY 3K 1600-SPIN	5 1100-CIRCUIT 1600-YOGA	6	7 1100-CIRCUIT	8
9 	10 1000-ZUMBA 1100-CIRCUIT	11 1100-ONE PITCH 1600-SPIN	12 1100-CIRCUIT 1600-YOGA	13 1100-ONE PITCH	14 1100-CIRCUIT	15 ARMED FORCES KIDS RUN
16	17 1000-ZUMBA 1100-CIRCUIT	18 1600-SPIN	19 1100-CIRCUIT 1600-YOGA	20	21 1100-CIRCUIT	22
23	24 1000-ZUMBA 1100-CIRCUIT	25 1600-SPIN	26 1100-CIRCUIT 1600-YOGA	27 1100-SAND VOLLEYBALL	28 1100-CIRCUIT	29

MAY FITNESS MONTH

EVENTS

- UTA VOLLEYBALL
- MAY FITNESS 3K RUN
- ONE PITCH SOFTBALL
- ARMED FORCES KIDS RUN
- SAND VOLLEYBALL

CLASSES

- ZUMBA
- CIRCUIT TRAINING
- SPINNING
- YOGA