

February 2014

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<http://www.facebook.com/LiveItUpWellness>

Join us on Meetup for future FitClub events at
<http://www.meetup.com/fitclubSR/>

Live it Up Wellness

711 Stony Point Rd. #12, Santa Rosa, CA 95407
 In the Stony Point Plaza

Hours of Operation:
 Monday - Friday 7:30am - 2:00pm
 Saturday - CLOSED
 Sunday -10:00am - 2:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						CLOSED
2	3	4	5	6	7	8
Spartan Bootcamp 9:30am Nutrition Class 11am Run Club 12:45 Weight Loss Challenge 4pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Herbalife University 5:15-6:15pm Leaders Meeting 6:15pm Open House 7pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Run Club 3:45pm Weight Loss Challenge 6:30pm	24FitCamp Challenge 6pm	CLOSED for BYB
9	10	11	12	13	14	15
Spartan Bootcamp 9:30am Nutrition Class 11am Run Club 12:45 Weight Loss Challenge 4pm		Warrior Bootcamp 6:15am Herbalife University 5:15-6:15pm Leaders Meeting 6:15pm Open House 7pm	Bootcamp Prize Party 6pm	Warrior Bootcamp 6:15am Run Club 3:45pm Weight Loss Challenge 6:30pm		CLOSED for STS
16	17	18	19	20	21	22
Spartan Bootcamp 9:30am NEW 24FitCamp Challenge Orientation 10am-1pm Run Club 12:45 Weight Loss Challenge 4pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Herbalife University 5:15-6:15pm Leaders Meeting 6:15pm Open House 7pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Run Club 3:45pm Weight Loss Challenge 6:30pm	24FitCamp Challenge 6pm	CLOSED
23	24	25	26	27	28	
5k Run with Heart 9am Spartan Bootcamp 9:30am Nutrition Class 11am Run Club 12:45 Weight Loss Challenge 4pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Herbalife University 5:15-6:15pm Leaders Meeting 6:15pm Open House 7pm	24FitCamp Challenge 6pm	Warrior Bootcamp 6:15am Run Club 3:45pm Weight Loss Challenge 6:30pm	24FitCamp Challenge 6pm Healthy Happy Hour 7-8:30pm Herbalife Green!	