



Get up. Get out. Get fit.
Together.

March 2010 Activities Calendar

What is FitFamily? FitFamily is a web based goal incentive program. Families have an opportunity to set goals and monitor their progress. The FitFamily website provides resources, ideas and goal setting tools to help Air Force Families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness. The FitFamily URL is www.usafFitFamily.com and can be accessed via any computer with Internet access. The maximum number of points each family can log per day is 4,000. During FitFamily bonus months, points will be worth double and families can earn up to 8,000 points per day. Bonus months are March, May and July. So get started today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm	2 Walk/Run Assessment 5-6 pm Mom & Me Pilates at PER	3 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	4 Mom & Me Pilates at PER Cooking Club 5-6 pm at TC Kids Golf Free (restrictions apply)	5 CRFC Equipment Orientation Mom & Me Exercise at PER Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	6 Family Basketball (YP) 11 am-12 pm Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm
8 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm Equipment Orientation 4-5 pm CRFC	9 Circuit Training 5-6 pm CRFC Inside Wall Climbing Mom & Me Pilates at PER	10 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	11 Cooking Club 5-6 pm at TC Kids Golf Free (restrictions apply) Mom & Me Pilates at PER	12 CRFC Family Relays Punt-Pass-Kick Contest Mom & Me Exercise at PER Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	13 Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm Family Healthy Baking (YP) 11 am-12 pm
15 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm	16 Mom & Me Pilates at PER Push-ups/Sit-ups/Walk & Run 5-6 pm	17 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm Mom/Dad Wallyball 4-5 pm CRFC	18 Cooking Club 5-6 pm at TC Kids Golf Free (restrictions apply) CRFC 5K Run/Walk Mom & Me Pilates at PER	19 Mom & Me Exercise at PER Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	20 Family Volleyball (YP) 11 am-12 pm Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm
22 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm CRFC Racquetball	23 Jump Rope/Agility Training 5-6 pm Mom & Me Pilates at PER	24 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	25 Mom & Me Pilates at PER Cooking Club 5-6 pm at TC Kids Golf Free (restrictions apply) CRFC Core Pump	26 Mom & Me Exercise at PER Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	27 Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm Family Healthy Baking (YP) 11 am-12 pm
29 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm	30 Stretching 5-6 pm Mom & Me Pilates at PER	31 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	ABBREVIATION KEY: CRFC - Coral Reef Fitness Center PER - Parent Exercise Room (Located at CRFC) YP - Youth Programs TC - Teen Center		