


# December 2009

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	2 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 – 7:30pm	3 <b>Plainfield Boot Camp</b> 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	4   <b>KDR Boot Camp</b> 6:45 – 7:30pm	5   <b>KDR Boot Camp</b> 8:00 - 8:45am
6	7 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 – 4:45pm  <b>KDR Boot Camp</b> 6:45 – 7:30pm	8 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	9 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 – 7:30pm	10 <b>Plainfield Boot Camp</b> 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	11   <b>KDR Boot Camp</b> 6:45 – 7:30pm	12   <b>KDR Boot Camp</b> 8:00 - 8:45am
13	14 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 – 4:45pm  <b>KDR Boot Camp</b> 6:45 – 7:30pm	15 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	16 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 – 7:30pm	17 <b>Plainfield Boot Camp</b> 9:00 – 10:00am 3:15 - 4:00pm 4:15 – 5:00pm	18   <b>KDR Boot Camp</b> 6:45 – 7:30pm	19   <b>KDR Boot Camp</b> 8:00 - 8:45am
Reminder: All Boot Camp classes are <b>FREE</b> to KDR members so get your extra workout in!	21 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 – 4:45pm  <b>KDR Boot Camp</b> 6:45 – 7:30pm	22 <b>Plainfield Boot Camp</b> 9:00 -10:00 am	23 Lunchtime Seminar 12:30  <b>KDR Boot Camp</b> 6:45 – 7:30pm	24	25  <b>Merry Christmas</b>  <b>Gym Closed!</b>	26
	28 <b>Plainfield Boot Camp</b> 3:15 - 4:00pm 4:00 – 4:45pm  <b>KDR Boot Camp</b> 6:45 – 7:30pm	29	30	31  <b>GYM CLOSED!</b>	 <p><b>KDR FITNESS</b> Results by Design</p>	