



FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weight Watchers At Work Program 11:30am to 12:30pm	2 Tai Chi 12:-12:30 & 12:30-1pm Fitness 5:10-5:50 ROCKET SERVICES	3	4
5	6 Tai Chi 12:00-12:30 & 12:30-1pm	7 Fitness Class 12:10pm-12:50pm	8 Weight Watchers At Work Program 11:30am to 12:30pm	9 Tai Chi 12:00-12:30 & 12:30-1pm Fitness Class 5:10pm -5:50pm	10	11
12	13 Tai Chi 12:00-12:30 & 12:30-1pm	14 Fitness Class 12:10pm-12:50pm	15 Weight Watchers At Work Program 11:30am to 12:30pm	16 Tai Chi 12:00-12:30 & 12:30-1pm Fitness Class 5:10pm-5:50pm	17	18
19	20 Tai Chi 12:00-12:30 & 12:30-1pm	21 Fitness Class 12:10pm-12:50pm Chair Massages	22 Weight Watchers At Work Program 11:30am to 12:30pm	23 Tai Chi 12:00-12:30 & 12:30-1pm Fitness Class	24	25
26	27 Tai Chi 12:00-12:30 & 12:30-1pm	28 Fitness Class 12:10pm-12:50pm	29			



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Book Fair - Great books at bargain prices!

Tuesday 10:30am to 4:00pm, Wednesday, 9:00am to 4:00pm,
Thursday, 9:00am to 2:00pm

Chair Massages - 9:00am to 4:00pm - 10 or 20 minute sessions,
\$1.00 per minute!

Fitness Classes - 1515 Mezz level conference room (south end of RiverCenter)
ACE Certified Trainer! Punch card \$30 for 5 classes!

Meet Rocket Business Services - Workplace Concierge Services
www.rocketbusinesservices.com/Schlitz RC Atrium 11:00am to 1:00pm

Weight Watchers - 1515 Mezz level conference room
New Points Plus Program. New Monthly Pass! \$39.95 per month
Contact Tracey for information

Tai Chi - 1515 Mezz Level conference room
12:00pm to 12:30 for beginners - 12:30 to 1pm for advanced on both days
*All event locations are subject to change. Watch for more information!