

# FIT4MOM Grand Rapids August 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 <b>9:30am</b> Stroller Strides (Trinity Lutheran)  <b>11:00am</b> Stroller Barre (Metro Health Village)	1 <b>11:00am</b> Stroller Strides (Trinity Lutheran)  <b>6:30pm</b> Fit4Baby (Metro Health Village)	2 <b>9:30am</b> Stroller Strides (Metro Health Village)  <b>Airport viewing area play date &amp; picnic</b>	3 <b>9:30am</b> Stroller Strides (Metro Health Village)  <b>11:00am</b> Stroller Barre (Trinity Lutheran)	4 <b>9:30am</b> Stroller Strides <u><b>Basketball class</b></u> (Trinity Lutheran)	5
6	7 <b>9:30am</b> Stroller Strides (Trinity Lutheran) <b>11:00am</b> Stroller Barre (Metro Health Village) <b>Both: Sports playgroup after class</b>	8 <b>11:00am</b> Stroller Strides (Trinity Lutheran)  <b>6:30pm</b> Fit4Baby (Metro Health Village)	9 <b>9:30am</b> Stroller Strides (Metro Health Village)	10 <b>9:30am</b> Stroller Strides (Metro Health Village) <b>11:00am</b> Stroller Barre <u><b>Baseball class</b></u> (Trinity Lutheran)	11 <b>9:30am</b> Stroller Strides (Trinity Lutheran)	12
13 <b>MNO:</b> Yoga & Oils @ Leslie Tassell Park <b>6:30pm</b>	14 <b>9:30am</b> Stroller Strides (Trinity Lutheran)  <b>11:00am</b> Stroller Barre (Metro Health Village)	15 <b>11:00am</b> Stroller Strides <u><b>Soccer class</b></u> (Trinity Lutheran) <b>6:30pm</b> Fit4Baby (Metro Health Village)	16 <b>9:30am</b> Stroller Strides (Metro Health Village)	17 <b>9:30am</b> Stroller Strides (Metro Health Village)  <b>11:00am</b> Stroller Barre (Trinity Lutheran)	18 <b>9:30am</b> Stroller Strides <b>Class @</b> <b>Leslie Tassell Park</b> <b>Pool party @ Marissa's after class</b>	19
20	21 <b>9:30am</b> Stroller Strides (Trinity Lutheran)  <b>11:00am</b> Stroller Barre (Metro Health Village)	22 <b>11:00am</b> Stroller Strides (Trinity Lutheran)  <b>6:30pm</b> Fit4Baby (Metro Health Village)	23 <b>9:30am</b> Stroller Strides <u><b>Track themed class</b></u> (Metro Health Village)	24 <b>9:30am</b> Stroller Strides (Metro Health Village)  <b>11:00am</b> Stroller Barre (Trinity Lutheran)	25 <b>9:30am</b> Stroller Strides (Trinity Lutheran)  <b>Potluck after class</b>	26
27	28 <b>9:30am</b> Stroller Strides (Trinity Lutheran)  <b>11:00am</b> Stroller Barre (Metro Health Village) <b>Both: Back to School classes</b>	29 <b>11:00am</b> Stroller Strides (Trinity Lutheran)	30 <b>9:30am</b> Stroller Strides (Metro Health Village)	31 <b>9:30am</b> Stroller Strides (Metro Health Village)  <b>11:00am</b> Stroller Barre (Trinity Lutheran)	1 <b>9:30am</b> Stroller Strides (Trinity Lutheran)	2