

FIT4MOM Grand Rapids October 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Trinity Lutheran) 11:00am --Stroller Barre (Metro Health Village)	9:30am Stroller Strides (Trinity Lutheran) Leaf craft after class 6:30pm Fit4Baby (Mayfair CRC)	9:30am Stroller Strides ArtPrize class Class @ 6th St Bridge Park Explore ArtPrize after class	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Metro Health Village) 11:00am --Stroller Barre (Trinity Lutheran)	10:00am Stroller Strides (Trinity Lutheran)	7	
8	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Trinity Lutheran) 11:00am --Stroller Barre (Metro Health Village)	9:30am Stroller Strides Fire class (Trinity Lutheran) 6:30pm Fit4Baby (Mayfair CRC)	9:30am Stroller Strides (Metro Health Village) National Fossil Day activity after class	5:30am Body Back Transformation (Mayfair CRC) 10:00am Combo Stroller Strides & Stroller Barre class Support for Tyler class (Metro Health Village)	10:00am Stroller Strides (Trinity Lutheran)	14	
15 Family day at Klackles	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Trinity Lutheran) 11:00am --Stroller Barre (Metro Health Village) National Pregnancy & Infant Loss Awareness Day classes	9:30am Stroller Strides (Trinity Lutheran) 6:30pm Fit4Baby (Mayfair CRC)	9:30am Stroller Strides (Metro Health Village)	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Metro Health Village) 11:00am --Stroller Barre (Trinity Lutheran)	10:00am Stroller Strides (Trinity Lutheran) Halloween craft	21	
22	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Trinity Lutheran) 11:00am --Stroller Barre (Metro Health Village)	9:30am Stroller Strides (Trinity Lutheran) 6:30pm Fit4Baby (Mayfair CRC)	9:30am Stroller Strides (Metro Health Village)	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Metro Health Village) 11:00am --Stroller Barre (Trinity Lutheran) Pumpkin classes	9:30am Stroller Strides Class @ John Ball Zoo Zoo Goes Boo after class	28	
29	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Trinity Lutheran) 11:00am --Stroller Barre (Metro Health Village)	9:30am Stroller Strides Halloween class (Trinity Lutheran) Halloween Party	9:30am Stroller Strides (Metro Health Village)	9:30am Stroller Strides (Metro Health Village)	5:30am Body Back Transformation (Mayfair CRC) 9:30am --Stroller Strides (Metro Health Village) 11:00am --Stroller Barre (Trinity Lutheran)	10:00am Stroller Strides (Trinity Lutheran)	4