

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL PHYSICAL FITNESS & SPORTS MONTH						1
2	3	4	5 Happy Cinco De Mayo	6	7	8
9 Happy Mother's Day	10 At 6:45 in the Glen Mills Office: Low Back Pain and Exercise	11	12	13	14	15
16	17	18	19	20	21	22
23	24 At 6:45 in the Glen Mills office: Body Movement and Your Spine	25	26	27	28	29 Happy Memorial Day Weekend
30 Happy Memorial Day Weekend	31 Office Closed	SUMMER IS HERE – JOIN US FOR OUR FITNESS WORKSHOP AND ASK ABOUT OUR <u>ADVANCED FITNESS CLASS SPECIALS!!</u>				

Glen Mills
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