



April 2010 Activities Calendar

What is FitFamily? FitFamily is a web based goal incentive program. Families have an opportunity to set goals and monitor their progress. The FitFamily website provides resources, ideas and goal setting tools to help Air Force Families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness. The FitFamily URL is www.usafFitFamily.com and can be accessed via any computer with Internet access. The maximum number of points each family can log per day is 4,000. During FitFamily bonus months, points will be worth double and families can earn up to 8,000 points per day. Get started today!

Get up. Get out. Get fit.
Together.

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mom & Me Pilates at PER Sports Club 3:30 - 4:30 pm (YP) Kids Golf Free (restrictions apply)	2 CRFC Equipment Orientation Mom & Me Exercise at PER FitFamily Basketball (YP) 4:30 - 5:30 pm Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	3 Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm
		5 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm Equipment Orientation 4-5 pm CRFC	6 CRFC Inside Wall Climbing Mom & Me Pilates at PER Sports Club (YP) 3:30 - 4:30 pm	7 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	8 Kids Golf Free (restrictions apply) Mom & Me Pilates at PER Sports Club (YP) 3:30 - 4:30 pm	9 CRFC Family Relays Punt-Pass-Kick Contest Mom & Me Exercise at PER FitFamily Basketball (YP) 4:30 - 5:30 pm Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track
12 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm	13 Mom & Me Pilates at PER Sports Club (YP) 3:30 - 4:30 pm	14 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm Mom/Dad Wallyball 4-5 pm CRFC	15 Kids Golf Free (restrictions apply) CRFC 5K Run/Walk Mom & Me Pilates at PER Sports Club (YP) 3:30 - 4:30 pm	16 Mom & Me Exercise at PER FitFamily Basketball (YP) 4:30 - 5:30 pm Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	17 Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm	
19 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm CRFC Racquetball	20 Mom & Me Pilates at PER Sports Club (YP) 3:30 - 4:30 pm	21 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	22 Mom & Me Pilates at PER Kids Golf Free (restrictions apply) CRFC Core Pump Sports Club (YP) 3:30 - 4:30 pm	23 Mom & Me Exercise at PER FitFamily Basketball (YP) 4:30 - 5:30 pm Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm Stroller Stride at the Track	24 Dance Club (YP) 3-4 pm Gardening Club (YP) 4-5 pm	
26 Stroller Stride at the Track Mom & Me Exercise at PER Sports Club (YP) 3:30-4:30 pm Bowl Your Brains Out 6-10 pm	27 Mom & Me Pilates at PER Sports Club (YP) 3:30-4:30 pm	28 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	29 Stroller Stride at the Track Sports Club (YP) 3:30-4:30 pm	30 FitFamily Basketball (YP) 4:30 - 5:30 pm Kids in the Kitchen 6-8 yrs (YP) 3-4 pm Kids in the Kitchen 9-12 yrs (YP) 4-5 pm	ABBREVIATION KEY: CRFC - Coral Reef Fitness Center PER - Parent Exercise Room (Located at CRFC) YP - Youth Programs	