

SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>BUCKLE UP!</b> Seat Belts Save Lives!	2	3 <b>4<sup>th</sup> of July FUN RUN</b> 1200 Fitness Center	4 <b>4<sup>th</sup> of July</b> Holiday Hours 0800-1800	5	6 <b>TOTAL BODY CONDITIONING</b> 1630-1725 Group Fitness Room	7
8	9	10	11 <b>Air Force Softball 303's Due</b> 606-3852 for more info	12 <b>SLAM DUNK CONTEST</b> 1400 Fitness Center	13	14 <b>Have a Plan! DON'T DRINK &amp; DRIVE!</b>
15	16	17 <b>ROAD BIKE RACE</b> 1200 Sign up by 14 July	18	19	20 <b>INDOOR CYCLING</b> 1730-1825 Group Fitness Room	21
22	23	24	25	26 <b>WOMEN'S HOME RUN DERBY</b> 1730-1825 Group	27	28 
29 <b>SAN FRANCISCO MARATHON</b>	30 <b>STEP INTERVAL -N- STRENGTH</b> 1730-1825	<p><b>Fitness Tip!</b> Elevate your efforts. To make your walking workout more strenuous, include some hills in your route. If you walk up a 4% grade, you'll burn approximately 35% more calories than when walking on level terrain at the same pace.</p>				