

Abington Friends School  
**FLY Fitness Spring 2009 Schedule**



Coordinator: Diane Ruffin  
 267-252-4288

Location: Triangle Gym 3:30-5:00pm-Fitness days  
 AFS Cafeteria and Kitchen on Food Days

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>March 30</b>	<b>March 31</b>	<b>April 1</b>	<b>April 2</b>	<b>April 3</b>
	Vacation	Fitness Food & Fun! <i>Laura &amp; Diane</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
2	<b>April 6</b>	<b>April 7</b>	<b>April 8</b>	<b>April 9</b>	<b>April 10</b>
	Yoga <i>Barbara</i>	Anti-Oxidants Food Day <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
3	<b>April 13</b>	<b>April 14</b>	<b>April 15</b>	<b>April 16</b>	<b>April 17</b>
	Yoga <i>Barbara</i>	Growing Sprouts & Bread making <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
4	<b>April 20</b>	<b>April 21</b>	<b>April 22</b>	<b>April 23</b>	<b>April 24</b>
	Yoga <i>Barbara</i>	Restaurant Visit <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
5	<b>April 27</b>	<b>April 28</b>	<b>April 29</b>	<b>April 30</b>	<b>May 1</b>
	Yoga <i>Barbara</i>	Spring time Quiche & Salad <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
6	<b>May 4</b>	<b>May 5</b>	<b>May 6</b>	<b>May 7</b>	<b>May 8</b>
	Yoga <i>Barbara</i>	Omega 3's Fresh Fish <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Awards & Shirts <i>Christopher</i>
7	<b>May 11</b>	<b>May 12</b>	<b>May 13</b>	<b>May 14</b>	<b>May 15</b>
	Yoga SIP-starts <i>Barbara</i>	Guest Chef <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>
8	<b>May 18</b>	<b>May 19</b>	<b>May 20</b>	<b>May 21</b>	<b>May 22</b>
	Yoga <i>Barbara</i>	Student Choice Food Day <i>Laura &amp; Becky</i>	Cardio Fitness <i>Diane</i>	Hip-Hop Dance! <i>Vicki</i>	Pilates & Relaxation <i>Christopher</i>