

RecPlex Run Tri Club

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RecPlex Closed	2	3	4	5	6	7
8	9	10	11	12	13	14 8:30am - Group Run (optional treadmill workout), meet at Fitness Desk
15	16	17	18 7:00-7:45 - TRX for Multisport Athletes, Fitness Center	19	20	21
22 Indoor Triathlon #1	23 6:15-7:00pm - Cycle & Stretch workout, Cycle Studio	24	25 6:00-6:45pm - Club Meeting & Seminar: Creatine & Caffeine and Performance, Shark Room	26	27	28 8:30am - Group Run (optional treadmill workout), meet at Fitness Desk
29	30	31	Notes: Please remember that club events are open to <i>current</i> RecPlex Run & Tri Club members only.			