



.nspirational

.alk Sessions



Facilitator: FitnessWorks Member Karen S. Robert, M.A.

Place: Loft Upstairs

55 Minute Sessions over a 12 Week Period – Pick one of three days each week based on what works best for your schedule.

What day and time works best for you?

Mondays: 11:00 am to 11:55 am

Wednesdays: 5:15 pm to 6:10 pm

Sundays: 10:30 am to 11:25 am

Don't miss out on 12 weeks of opportunities to learn techniques, explore, share, and talk about meeting your challenges during your **COMMIT TO GET FIT** experience with fellow members.

Week 1 – Getting Started

January 31, February 2 or 6

Week 2 – Put Yourself First

February 7, 9 or 13

Week 3 – Steps to Setting Smart Priorities

February 14, 16 or 20

Week 4 – Facing Our Deepest Fear.... Success

February 21, 23 or 27

Week 5 – “What We Think, We Become.” – Buddha

Am I becoming what I Want?

February 28, March 2 or 6

Week 6 – Choosing the goal and sticking to it changes everything.

I'm half way there? Am I still on track?

March 7, 9 or 13

***Week 7 – How good is my time management?**

March 14, 16 or 20

Week 8 – Are my feelings about myself holding me back?

March 21, 23 or 27

Week 9 – Prescription for Happiness

March 28, 30 or April 3

Week 10 – What is the Life I want to Live?

April 4, 6 or 10

Week 11 – How is my Image of Myself Reflecting Back on Me?

April 11, 13 or 17

Week 12 – I'm Here! Let's Evaluate! I've Reached My Destination, but... the Journey Continues!

April 18, 20 or TBD

****Please bring your Day Planner/Daily/Weekly/Monthly Business Calendar to Your Week 7 F.I.T. Session***

LIVE NOW
Realize your true potential
www.live-now.org



.nspirational

.alk Sessions



Facilitator: FitnessWorks Member Karen S. Robert, M.A.

Place: Loft Upstairs

55 Minute Sessions over a 12 Week Period – Pick one of three days each week based on what works best for your schedule.

What day and time works best for you?

Mondays: 11:00 am to 11:55 am

Wednesdays: 5:15 pm to 6:10 pm

Sundays: 10:30 am to 11:25 am

Don't miss out on 12 weeks of opportunities to learn techniques, explore, share, and talk about meeting your challenges during your **COMMIT TO GET FIT** experience with fellow members.

Week 1 – Getting Started

January 31, February 2 or 6

Week 2 – Put Yourself First

February 7, 9 or 13

Week 3 – Steps to Setting Smart Priorities

February 14, 16 or 20

Week 4 – Facing Our Deepest Fear.... Success

February 21, 23 or 27

Week 5 – “What We Think, We Become.” – Buddha

Am I becoming what I Want?

February 28, March 2 or 6

Week 6 – Choosing the goal and sticking to it changes everything.

I'm half way there? Am I still on track?

March 7, 9 or 13

***Week 7 – How good is my time management?**

March 14, 16 or 20

Week 8 – Are my feelings about myself holding me back?

March 21, 23 or 27

Week 9 – Prescription for Happiness

March 28, 30 or April 3

Week 10 – What is the Life I want to Live?

April 4, 6 or 10

Week 11 – How is my Image of Myself Reflecting Back on Me?

April 11, 13 or 17

Week 12 – I'm Here! Let's Evaluate! I've Reached My Destination, but... the Journey Continues!

April 18, 20 or TBD

****Please bring your Day Planner/Daily/Weekly/Monthly Business Calendar to Your Week 7 F.I.T. Session***

LIVE NOW
Realize your true potential
www.live-now.org