

## Training Schedule

Week	Date	Time	Meeting Location	Topic	Speaker
1	09/09/08	7:00 PM	Harvest Church	Kick-off/Weigh-In	Brian Vines
	09/11/08	6:30 PM	Harvest Church	<a href="#">Why you don't work out...</a>	JJ Mayo
	09/14/08	2:00 PM	Fitness Pro Team - 2100 Meadowlake, Suite 12	Boxing, Nutrition, Aerobics, Strength Training	Rodney Gillespie
2	09/16/08	7:00 PM	Harvest Church	Nutrition	Jeremy (FPT)
	09/18/08	6:30 PM	Conway HS Track		
3	09/23/08	7:00 PM	Harvest Church	<a href="#">Work Out Apparel</a>	Don Star
	09/25/08	6:30 PM	Conway HS Track		
4	09/30/08	7:00 PM	Harvest Church	Cycling	Erik Leamon
	10/02/08	6:30 PM	Conway HS Track		
5	10/07/08	7:00 PM	Harvest Church	<a href="#">Martial Arts</a>	Hollanders
	10/09/08	6:30 PM	Conway HS Track		
6	10/14/08	7:00 PM	Harvest Church	<a href="#">Working Out at Home</a>	Audie Story
	10/16/08	6:30 PM	Conway HS Track		
7	10/21/08	7:00 PM	Harvest Church	<a href="#">Correct Posture?</a>	Tara Gardner
	10/23/08	6:30 PM	Conway HS Track		
8	10/28/08	7:00 PM	Harvest Church	<a href="#">Cardio Cocktail</a>	Formor
	10/30/08	6:30 PM	Conway HS Track		
9	11/04/08	7:00 PM	Harvest Church	<a href="#">Wellness and Work</a>	Jayme Mayo
	11/06/08	6:30 PM	Conway HS Track		
10	11/11/08	7:00 PM	Harvest Church	Topic to be determined	Randy Wiley
	11/13/08	6:30 PM	Conway HS Track		
11	11/18/08	7:00 PM	Harvest Church	Topic to be determined	Conway Regional
	11/20/08	6:30 PM	Conway HS Track		
12	01/11/09	10:00 AM	Harvest Church	Final Weigh-In and Awards	

*Harvest Restoration*

