

# January 2010

Mon	Tue	Wed	Thu	Fri
<ul style="list-style-type: none"> <li>- 20% off Crull Fitness services</li> <li>- 50% off YMCA joiner fee</li> <li>- 10% off at Run-On!</li> </ul>				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
	Dr. Dale Emmert, Motivational weight loss seminar, 7-9 pm 6546 Preston Rd., Ste. 200 Plano, TX 75024 RSVP 214-542-0067		Sunstone Yoga Fire 60 Class 5:30-6:30 pm 189 N. Plano Road Richardson, TX 75081 (214) 764-2119	
25	26	27	28	29
Crull Fitness workout 6am 2701 Custer Pkwy., Ste. 801 Richardson, TX 75080 (972) 497-9900	Crull Fitness workout 6pm	Crull Fitness workout 6pm	Crull Fitness workout 6am	Crull Fitness workout noon

# February 2010

Mon	Tue	Wed	Thu	Fri
1	2	3 Social Run leaves @ 6 pm Run-On! 1469 W. Campbell Richardson, TX 75080 (972) 231-8260	4 Sunstone Yoga Fire 60 Class 5:30-6:30 pm	5
8	9 Richardson YMCA Wellness Screenings Noon – 2 pm 821 Custer Road Richardson, TX 75080 (972) 231-3424	10 Social Run leaves @ 6 pm Run-On! 1469 W. Campbell Richardson, TX 75080 972) 231-8260	11 Sunstone Yoga Fire 60 Class 5:30-6:30 pm	12
15 Ready, Set, Stretch Curves – Richardson 819 W. Arapaho Rd, #24C Richardson, TX 75080 (972) 671-8910 Two free sessions: 10-11 am and 5:30-7 pm	16 Hoops @ the YMCA! Noon-2 pm 821 Custer Road Richardson, TX 75080 (972) 231-3424	17 Social Run leaves @ 6 pm Run-On! 1469 W. Campbell Richardson, TX 75080 972) 231-8260	18 Sunstone Yoga Fire 60 Class 5:30-6:30 pm	19
22 Ready, Set, Stretch Curves – Richardson 819 W. Arapaho Rd, #24C Richardson, TX 75080 (972) 671-8910 Two free sessions: 10-11 am and 5:30-7 pm	23	24 Social Run leaves @ 6 pm Run-On! 1469 W. Campbell Richardson, TX 75080 972) 231-8260	25 Health Care Summit 7:30-11:30 am Richardson Civic Center 411 Arapaho Rd. Richardson, TX 75080  Sunstone Yoga Fire 60 Class 5:30-6:30 pm	26

		<b>Social Run leaves @ 6 pm Run-On! 1469 W. Campbell Richardson, TX 75080</b>		
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Personal Events