

SoftShape 2011

SoftShapers are encouraged to enjoy extra walking, running, biking, or aerobics/toning classes 3-5 x week in addition to their 2 SoftShape sessions.

Keep a food diary for even faster weight loss if that is part of your goals. Ask us for one!

Note your SoftShape sessions below.

On the reverse print the aerobics/toning class schedule and note those you wish to try.

Make extra copies of this schedule and every week check off the sessions/classes you attended. Don't be obsessed with weight, (remember you are going to be improving your lean muscle mass at the same time you are losing fat) but consider tracking your weight on a daily basis so that you can get used to minor fluctuations that are merely fluid changes in your body.

E-mail us with any questions.

Join the AlamoShape team at www.sparkpeople.com, a free online nutrition and exercise tool.

Name _____ My SoftShape session meets _____ at _____
 Week _____ thru _____ This week's weight _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try 9:15 Step with Tamie or 915 Zumba with Angel!		10:30 a.m.		10:30 a.m.	Enjoy 9:15 a.m. Toning, 5:30 Basic Step. 5:30 Zumba or 6:30 pm Zumba!	Check out 8:15 Step with Tamie or Zumba with Angel. Then stay for 9:15 Toning with Darla!
		11:05 a.m.		11:05 a.m.		
	4 p.m.		4 p.m.			
		5:00 p.m.		5:00 p.m.		
	6:35 p.m.	6:35 p.m.	6:35 p.m.	6:35 p.m.		
		7:05 p.m.		7:05 p.m.		
If you can't make it to your normal SoftShape session please come to one of the others that day!						

Note your extra activities in the row above.

See our Women's Fitness Class Schedule for more classes, all free in the SoftShape program!