

# *SoftShape Fall 2011*

SoftShapers are encouraged to enjoy extra walking, running, biking, or aerobics/toning classes 3-5 x week in addition to their 3 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](http://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   | <b>Friday</b>     | <b>Saturday</b>   |
|--------|--------|------------|-----------|------------|-------------------|-------------------|
|        |        | 10:30 a.m. |           | 10:30 a.m. | <b>10:30 a.m.</b> | <b>10:30 a.m.</b> |
|        |        | 11:05 a.m. |           | 11:05 a.m. |                   |                   |
|        | 4 p.m. |            | 4 p.m.    |            |                   |                   |
|        |        | 4:30 p.m.  |           | 4:30 p.m.  |                   |                   |
|        |        | 5:00 p.m.  |           | 5:00 p.m.  | <b>5:30 p.m.</b>  |                   |
|        |        | 6:35 p.m.  |           | 6:35 p.m.  |                   |                   |
|        |        | 7:05 p.m.  |           | 7:05 p.m.  |                   |                   |

***You may choose either of the Friday or Saturday sessions to complete your training for the week. Please come in 5 minutes early to warm up before the Fri and Sat sessions.***

We will cancel one Friday and one Saturday each month. They may both be on the same weekend or they may not.

You may do a free SuperShape trial session to replace the canceled SoftShape session.

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