

Heartland Health presents



The KJO 105.5 Pound Plunge



www.takethepoundplunge.com

Weekly Activity Schedule

For the most up-to-date information, visit www.takethepoundplunge.com. We will post changes and/or cancellations on our Web site. You can also visit this site to join the discussion board and talk to other participants about your weight-loss journey or talk to a health experts.

Please sign up for any of the following St. Joseph Family YMCA activities at www.kjo1055.com. For more information about any of the St. Joseph Family YMCA activities, please contact Brian Cross at (816) 233-9622.

WEEK 4 - Dodgeball

Monday, January 25
St. Joseph Family YMCA
315 South Sixth Street

6:30 - 8:30 p.m.

WEEK 9 - Wiffleball

Monday, March 1
St. Joseph Family YMCA
315 South Sixth Street

6:30 - 8:30 p.m.

WEEK 5 - Zumba

Monday, February 1

St. Joseph Family YMCA
315 South Sixth Street

6:30 - 7:15 p.m.
7:30 - 8:15 p.m.

WEEK 10 - Volleyball

Monday, March 8
St. Joseph Family YMCA
315 South Sixth Street

6:30 - 8:30 p.m.

WEEK 6 - Bootcamp

Monday, February 8

St. Joseph Family YMCA
315 South Sixth Street

6:30 - 7:15 p.m.
7:30 - 8:15 p.m.



WEEK 7 - Basketball

Monday, February 15
St. Joseph Family YMCA
315 South Sixth Street

6:30 - 8:30 p.m.

St. Patrick's Day Parade

Saturday, March 13
11:30 a.m., arrive
Noon, walk in parade
Meet at Noyes and Frederick

WEEK 8 - Kickball

Monday, February 22
St. Joseph Family YMCA
315 South Sixth Street

6:30 - 8:30 p.m.

Happy Camper Scamper

Saturday, March 20
9 a.m.
Bartlett Park, 31st and Duncan



TM