



PROVISIONAL CALENDAR – SUBJECT TO CHANGE

**Session times run from 4:00-6:00 p.m. on Mondays and Tuesdays and
4:00-5:15 p.m. on Thursdays**

2017

Saturday, December Wellfit Girls Kick-Off (Time TBD – Mandatory)

2018

M/T, January 8/9	Leadership Group (1) – INTENTION
TH, January 11	Fitness (1)
M/T, January 15/16	Leadership Group (2) – VISION
TH, January 18	Fitness (2)
M/T, January 22/23	Integrated Fitness + Yoga (1)
TH, January 25	Fitness (3)
M/T, January 29/30	Leadership Group (3) – IDENTITY
TH, February 1	Fitness (4)
M/T, February 5/6	Integrated Fitness + Yoga (2)
TH, February 8	Fitness (5)
M/T, February 12/13	Leadership Group (4) – EMPOWERMENT
TH, February 15	Fitness (6) – Super Group
M/T, February 19/20	Integrated Fitness + Yoga (3)
TH, February 22	Fitness (7)
M/T, February 26/27	Leadership Group (5) – COMMUNICATION
TH, March 1	Fitness (8)
M/T, March 5/6	Integrated Fitness + Yoga (4)
TH, March 8	Fitness (9)
M/T, March 12/13	Leadership Group (6) – VISION AND GOALS
TH, March 15	Fitness (10) – Super Group
M/T, March 19/20	Integrated Fitness + Yoga (5)
TH, March 22	Fitness (11)
M/T, March 26/27	Leadership Group (7) – BOLD LEADERSHIP
TH, March 29	Fitness (12) - Super Group

SAT, March 31

Hop to the Top 5K at North Collier Regional Park

M/T, April 2/3

Integrated Fitness + Yoga (6)

TH, April 5

Fitness (13)

M/T, April 9/10

Leadership Group (8) – WELLNESS + BODY PRIDE

TH, April 12

Fitness (14)

M/T, April 16/17

Integrated Fitness + Yoga (7)

TH, April 19

Fitness (15)

M/T, April 23/24

Leadership Group (9) – YOUR IMPACT ON THE WORLD

TH, April 26

Fitness (16) – Super Group

M/T, April 30/May 1

Integrated Fitness + Yoga (8)

TH, May 3

Fitness (17)

M/T, May 7/8

Leadership Group (10) – EXPEDITION PLANNING

PARENT MEETING FOLLOWING GROUP

TH, MAY 10

Fitness (18)

M/T, May 14/15

Integrated Fitness + Yoga (9)

TH, May 17

Fitness (19)

M/T, May 21/22

Final Prep for Peru

TH, May 24

Fitness (20)

M/T, May 28/29

Integrated Fitness + Yoga (10)

TH, May 31

Final Meeting Before Peru – Super Group