

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Woodfield Mall Mall fitness walking Optional \$\$ to shop Sack lunch or \$\$ for food court	21	22 Zumba Fitness with friends 2025 New Year Resolutions Bring sack lunch	23	24 Cooking Day Healthy food segment Learn about vegan food Lunch: spaghetti, meatballs, sausage	25
26	27 PARC Fitness walking Low impact workout Bring sack lunch	28	29 Chinese New Year Wear red for prosperity Red envelope exchange Lunch: Chinese lunch out TBA	30	31 Chicago History Heading to Chicago with the Bulldogs Leaving at 9am Bring sack lunch	

Please bring a bottle of water and a change of clothes everyday to program.

Romeoville Cruisers - M/W/F
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