



**Training for Life
Sunday's
4:00 pm to 5:30 pm
Spencer Owens Training Studio
775 Ridge Lake Blvd**

Dates		Dates	
Jan 7th	Weigh-In & Assessments	July 7th	
Jan 14th		July 14th	
Jan 21st		Aug 4th	Weigh-In & Assessments
Jan 28th		Aug 11th	
Feb 4th		Aug 18th	
Feb 11th		Aug 25th	
Mar 3rd	Weigh-In & Assessments	Sept 8th	
Mar 10th		Sept 15th	
Mar 17th		Oct 6th	Weigh-In & Assessments
Mar 24th		Oct 13th	
Apr 7th		Oct 20th	
Apr 14th		Oct 27th	
Apr 21st		Nov 3rd	
Apr 28th		Nov 10th	
June 2nd	Weigh-In & Assessments	Nov 17th	
June 9th		Nov 24th	
June 23rd		Dec 1st	
June 30th		Dec 8th	
		Dec 15th	Weigh-In & Assessments

For more information regarding Training of Life contact:

Coach Courtney @ courtney@specialolympicsmem.org

For more information regarding the Special Olympics Greater Memphis contact:

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