



## StepUp&ScaleDown

# January 23, 2012 - April 9, 2012

### 12 Week Exercise and Nutrition Program

**Entry Fee:** \$45 per person

#### **What does the cost include?**

- Exercise Classes
- Cooking Demonstrations
- Nutrition Classes
- “Let’s Get Physical” 5K Registration AND T-shirt—April 21st

#### **Schedule of Events:**

January 23 <sup>rd</sup> :	Class 1: Kick-Off Event; Zumba Exercise Class
Januray 30 <sup>th</sup> :	Class 2: Nutrition Class
February 6 <sup>th</sup> :	Class 3: Exercise Class
February 13 <sup>th</sup> :	Class 4: Nutrition Class
February 20 <sup>th</sup> :	Class 5: Exercise Class
February 27 <sup>th</sup> :	Class 6: Nutrition and Exercise Class
March 5 <sup>th</sup> :	Class 7: Nutrition Class
March 12 <sup>th</sup> :	Class 8: Exercise Class
March 19 <sup>th</sup> :	Class 9: Nutrition Class
March 26 <sup>th</sup> :	Class 10: Exercise Class
April 2 <sup>nd</sup> :	Class 11: Nutrition Class
April 9 <sup>th</sup> :	Class 12: Exercise Class

**\*All classes take place from 6:00pm-7:00pm at the Harris Community Center\***

For more information contact Chelsea Stevens at 254-933-5305!!!!  
(Space is limited so sign up quick!)



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## Official Entry Form (1 person per form)

Name: \_\_\_\_\_ Sex: M F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_ Ethnicity: \_\_\_\_\_  
Shirt Size: Adult or Youth XS S M L XL XXL  
How did you hear about us? Newspaper Community Calendar Other \_\_\_\_\_  
Would you like to participate in the 5K? Y or N

Mail registration form and checks to (Please make checks payable to: **BEEA**):  
Bell County Extension Office  
1605 N. Main, Room 102  
Belton, TX 76513

