the hospice
The Hospice of Windsor and Essex County Inc.
L'Hospice de Windsor-Essex Inc.

FITNESS FOR HOSPICE

THE CHALLENGE IS ON !

SUBWAY CARDIO CHALLENGE 2007

Week 1, 2 & 3
February 5th –26th

Particpants name	(WEEK 1) February 5, 2007							(WEEK 2)							(WEEK 3)							TOTAL HRS.
	TOTAL No. OF WORKOUT HOURS Week 1							TOTAL No. OF WORKOUT HOURS Week 2							TOTAL No. OF WORKOUT HOURS Week 3							
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