

2024

PEPPERMINT MOCHA

Almond Milk, Organic Chocolate, Organic Coffee,
Yogurt & Mint with Vanilla Whey Protein



DECEMBER

DID YOU KNOW... Mint may relieve indigestion and may help relax the muscles in your digestive tract.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
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 22	23	Christmas Eve 24	Christmas Day -PFC CLOSED- Hanukkah BEGINS AT SUNDOWN 25	26	 27	28																																																																																				
 29	30	New Year's Eve 31			<div>November 2024</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr></table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<div>January 2025</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr></table>	S	M	T	W	T	F	S								5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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OPERATIONS TIP: SAMPLING - Not sure when to hand out samples? Have a tray of sample cups waiting for the end of a group class; this is a great way to hit a variety of people who need to refuel and recover after a workout anyway! This is a perfect time to educate them on timing and recovery. We recommend handing out the “You Just Did The Best Thing For Your Body” education piece, found on our Member’s Club, under Recovery & Nutrition.

