

**WEDNESDAY WORKOUT GROUPS / CHECK GOOGLE CALENDAR FOR YOUR 'LETTER' TO SEE WHICH WEEK YOU'RE TRAINING WITH COACH R**

GROUP A			GROUP E			GROUP C			GROUP G						
1	Amanda	Driscoll	25	1	Carolyn	Hawes	50	1	Cynthia	Araujo	25	1	Alana	Jordan	50
2	Ben	Walker	50	2	Corinne	Stone	25	2	Glennys	Jurome	25	2	Anthony	Dodds	50
3	Cam	McAlpine	25	3	Erin	Strong	25	3	Judy	Richardson	25	3	Chris	Ford	50
4	Chris	Brunet	25	4	Jen	Trotman	50	4	Maggie	Dwernychuk	25	4	Halyna	Petryshn	25
5	Erica	Ingram	50	5	Jennifer	Miller	50	5	Maggie	Dwernychuk	25	5	Lynn	Harshenin	50
6	Erin	Schrauwen	50	6	Marni	King	25	6	Nicole	Todosichuk	50	6	Patricia	Patton	50
7	Lucy	Tuplin	50	7	Martine	Hickman	25	7	Rosanne	Smith	25	7	Ryan	Esbjerg	25
8	Tara	McCann	50	8	Missy	Blackburn	50	8	Stephanie	Swaisland	50	8	Shelley	Wood	25
9	Tom	Craik	50	9	Tina	Geddes	25	9				9	Steve	Taylor	50
GROUP B			GROUP F			GROUP D			GROUP H						
1	Alec	Goodwin	50	1	Helen	Furuya	50	1	Carla	Mackenzie	25	1	Hayley	Shearer	50
2	Alexander	Boland	50	2	Ingrid	Hansel	25	2	Carri	Lawrence	50	2	Janine	Taylor	50
3	Christian	Brandt	25	3	James	Chester	25	3	Katherine	Gaulin	25	3	Julia	Walker	25
4	Erin	Jackson	50	4	Jim	Jones	50	4	Lisa	Tezram	25	4	Kevin	Siggers	50
5	Jade	Arignon	50	5	Justice	Marks	50	5	Marja	Fipke	25	5	Kevin	Matrosovs	50
6	Jenn	Goodwin	50	6	Natalie	Forsmann	25	6	Natalie	McNamara	25	6	Kyle	Finnerty	25
7	Lisa	Auger	50	7	Rich	Sutton	50	7	Stacy	Smith	25	7	Lindsay	Finnerty	25
8	Madelaine	Sumner	50	8	Shane	Sondermann	50	8	Trudi	Trask	25	8	Michelle	Hoodless	25
9	Sam	Pridham	50	9				9				9	Trent	Marshall	25