

OCTOBER EVENTS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Fit Kids 45 5:45-6:30PM (F) Beat the Trainer 6PM (F)	2 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	3 Fit Kids 45 5:45-6:30PM (F)	4 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	5	6
7	8 Fit Kids 45 5:45-6:30PM (F) Beat the Trainer 6PM (F)	9 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	10 Fit Kids 45 5:45-6:30PM (F)	11 Junior Childcare (ages 7-13) 8:30AM-12:30PM Fall Blast Camp 9AM-4:30PM (S) AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	12 Junior Childcare (ages 7-13) 8:30AM-12:30PM Fall Blast Camp 9AM-4:30PM (S)	13
14	15 Fit Kids 45 5:45-6:30PM (F) Beat the Trainer 6PM (F)	16 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	17 Fit Kids 45 5:45-6:30PM (F)	18 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	19 Flu Shot Clinic 6AM-8PM (F) Very Pumpkin Breakfast 7:30-9AM (F) SoundOff Zumba* With Gabby 5:30PM (S)	20 Flu Shot Clinic 6AM-8PM (F)
21 Flu Shot Clinic 6AM-8PM (F)	22 Flu Shot Clinic 6AM-8PM (F) Fit Kids 45 5:45-6:30PM (F) Beat the Trainer 6PM (F)	23 Flu Shot Clinic 6AM-8PM (F) AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	24 Flu Shot Clinic 6AM-8PM (F) Fit Kids 45 5:45-6:30PM (F)	25 Flu Shot Clinic 6AM-8PM (F) AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	26 Les Mills Body Attack Launch 5:45PM (F)	27
28	29 Fit Kids 45 5:45-6:30PM (F) Beat the Trainer 6PM (F)	30 AquaKids 5:30-6:30PM (S) Fit Kids 45 5:45-6:30PM (F)	31 Fit Kids 45 5:45-6:30PM (F) Childcare Halloween Costume Parade 3-4:30PM Childcare Closes 6PM	AquaKids Small group swim lessons Ages 3 to pre-swim team 8, 30-minute sessions \$60 Member \$120 Non-member Fit Kids 45 45-minute class Ages 7-13 Fun exercises and movement activities Meets in Junior Room *Limited Space Available		



National Breast Cancer
AWARENESS MONTH

CAFÉ SPECIALS

- :: Pumpkin Spice Shake
- :: Pumpkin Spice Muffins
- :: SW Turkey Chili