



October 2018



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		6:15 PM Cardio Sculpt	5:45 PM Zumba			9 AM Yoga 11 AM Teen Fitness
7	8	9	10	11	12	13
		1:30 PM Tai Chi 6:15 PM Cardio Sculpt	10:30-11:30 AM Kick Sugar Habit (\$5) 5:45 PM Zumba			9 AM Yoga 11 AM Teen Fitness
14	15	16	17	18	19	20
		1:30 PM Tai Chi 6:15 PM Cardio Sculpt	5:45 PM Zumba			9 AM Yoga 11 AM Teen Fitness
21	22	23	24	25	26	27
		1:30 PM Tai Chi 6:15 PM Cardio Sculpt	5:45 PM Zumba			9 AM Yoga 11 AM Teen Fitness
28	29	30	31			
		1:30 PM Tai Chi 6:15 PM Cardio Sculpt	5:45 PM Zumba			
The Fall Breakthrough Group						
Fit N Firm presents The Fall Breakthrough Group \$97 for 4 Weeks, on Tuesdays 10/23 to 11/13, 7:30 - 8:30 PM http://bit.ly/fitnfirm-fall-breakthrough						