

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10:00 AM—SS CLASSIC®	4	5 10:00 AM—SS CLASSIC®	6	7
9	10 10:00 AM—SS CLASSIC®	11	12 10:00 AM—SS CLASSIC®	13	14 9:00-11:00AM WORKOUT FOR A CURE @ FCHC FITNESS
16	17 10:00 AM—SS CLASSIC®	18	19 10:00 AM—SS CLASSIC®	20	21
23	24 10:00 AM—SS CLASSIC®	25	26 10:00 AM—SS CLASSIC®	27	28
30	31 10:00 AM—SS CLASSIC®	UNLIMITED FITNESS CLASSES AND GYM ACCESS ONLY \$39 A MONTH! <i>OR</i> 10 CLASSES FOR \$50			



S W A N T O N
 TRINITY UNITED METHODIST

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 4:30 PM—POUND®	5 4:30 PM—CIRCUIT STRENGTH 5:30 PM—DRUMS ALIVE	6	7
9 5:30 PM—DRUMS ALIVE 6:30 PM—YOGA	10 4:30 PM—CIRCUIT STRENGTH 5:30 PM—TOTAL BODY	11 4:30 PM—POUND®	12 4:30 PM—CIRCUIT STRENGTH 5:30 PM—DRUMS ALIVE	13	14 9:00-11:00AM WORKOUT FOR A CURE @ FCHC FITNESS
16 5:30 PM—DRUMS ALIVE 6:30 PM—YOGA	17 4:30 PM—CIRCUIT STRENGTH 5:30 PM—TOTAL BODY	18 4:30 PM—POUND®	19 4:30 PM—CIRCUIT STRENGTH 5:30 PM—DRUMS ALIVE	20	21
23 5:30 PM—DRUMS ALIVE 6:30 PM—YOGA	24 4:30 PM—CIRCUIT STRENGTH 5:30 PM—TOTAL BODY	25 4:30 PM—POUND®	26 4:30 PM—CIRCUIT STRENGTH 5:30 PM—DRUMS ALIVE	27	28
30 5:30 PM—DRUMS ALIVE 6:30 PM—YOGA	31 HAPPY HALLOWEEN	 UNLIMITED FITNESS CLASSES AND GYM ACCESS ONLY \$39 A MONTH! <i>OR</i> 10 CLASSES FOR \$50  			

ARCHBOLD
 RUIHLEY PARK PAVILION