

# OCTOBER 2017

# HEALTH FI+NESS

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>The Great Pumpkin Contest</b> -guess its weight and it's yours! Enter by October 20, lobby	3	4 <b>Member Clinic</b> Best Exercises for Spinal Health, 12:15pm with Dr. Paul Fleming	5	6	7
8	9 Facility closed for Thanksgiving Day	10	11 <b>Member Clinic</b> -Restore your Body & Mind, 11am with Regan Courtney - Flip Turn Clinic, 5:15pm with Liam Sweeny	12	13	14
15	16	17	18 <b>Registered Aquatics</b> YWCA Freestyle Intensive STARTS	19 <b>Pilates Reformer</b> Intro STARTS	20	21
22	23	24 <b>Meet the Trainer</b> Ayda Ersoy - How to Strengthen Your Core, 5:30 & 6pm. Register with Member Services.	25 <b>Member Clinic</b> Balancing Hormones Through Digestion, 5:15pm with Heather Woodruff  <b>Registered Program</b> Rise to Shine STARTS TRX Training STARTS	26 <b>Registered Program</b> TRX Training STARTS	27 <b>Friendly Friday</b> Bring a friend for free (ID required)	28 <b>Pilates Reformer</b> Level 1 STARTS  <b>Registered Aquatics</b> YWCA Swim Level 1 STARTS  <b>Registered Program</b> -Slimmer 30-30-30 STARTS - Back Care STARTS
29	30 <b>Pilates Reformer</b> Intro STARTS Level 1 STARTS  <b>Feature Class</b> Monsters' Ball DanceFit, 6:30 PM with Johanna Ward. Be sure to dress up!	31	<b>FIT REWARDS</b> Refer a friend and get \$20 in Fit Rewards. Ask Member Services for details!			