



October

Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1100: Lunch Blast: Spin-Robert	0600: Cardio Kickbox-Pam 0930: Mommy Bootcamp-Sharon 1730: REFIT-Cara	0600: Spin-Sara 1100: Lunch Blast: Cardio Kickboxing- Pam	0600: Morning Stretch Yoga- Cara 0930: Mommy Bootcamp-Sharon 1730: Zumba- Elizabeth	1100: Lunch Blast: Legs/Bums/Tums- Sharon

Join us this October as we offer new classes, days, times and instructors!

New incentive program starting 1 October!
BATTLE OF THE BULGE
Keep yourself active this holiday season while enjoying our new classes. Each class attendance will get you closer to awesome prizes. Sign-up today!

October Events:

21 October @ 1030- Grappling Tournament- Sign up by 19 October. No sign-ups day of event.

30 October @ 1630- Monster Dash Halloween Costume Run. Prizes to best male, female and team (at least 4 per team) costumes!

Freedom Hall Fitness Center
0500-2100 Monday-Thursday, 0500-1900 Friday, 1000-1800 Saturday and Sunday, Closed Holidays and Family Days

If you have any questions, please call 773-6199

