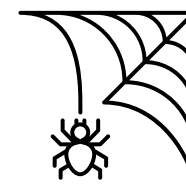


October Month-At-A-Glance



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45	3	4 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	5	6 10:00 Education Hour 105 11:00 F45 11:15 Fall Prevention 1 & 2	7	
8	9 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45 2:00 Handwriting/Fine Motor	10	11 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	12	13 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	14 WSU FALL BREAK	
15 WSU FALL BREAK	16 WSU FALL BREAK	17 WSU FALL BREAK	18 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	19	20 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2	21	
	22 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45 2:00 Handwriting/Fine Motor	23 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45 2:00 Handwriting/Fine Motor	24	25 11:30 Bal-Vis & Pool Aquatics 12:15 Bal-Vis (Basic) 1:00 In-Motion 141 1:00 F45 2:00 Yoga	26	27 10:00 Empowerment 11:00 F45 11:15 Fall Prevention 1 & 2 12:00 Final Friday 143	28
29 Roxy's! Golden Girls Private Showing Doors Open @1:30 Time: 2:00 p.m. Location: 412 ½ E. Douglas Ave.	30 11:30 Pool Aquatics & Cybex 12:00 Cardio 12:30 Cybex 1:00 In-Motion 141 1:00 In-Motion 143 1:00 F45	31 Happy Halloween! 	1	2	3	3	