Spirit Week

WITH GROUP FITNESS

Enjoy a week of festivities October 10th - 16th! Come to your favorite group fitness classes decked out in the following themes!

MONDAY, OCTOBER 10
- *DECADE OF THE 60s & 70s*

TUESDAY, OCTOBER 11
- *PARTY IN PINK (In spirit of Breast Cancer Awareness Day)*

WEDNESDAY, OCTOBER 12
- *BE A SUPERHERO JUST LIKE A SURVIVOR (Breast Cancer Awareness)*

THURSDAY, OCTOBER 13
- *SPORTS DAY*

FRIDAY, OCTOBER 14
- *MILITARY & PATRIOTIC DAY*

SATURDAY, OCTOBER 15
- *80s DECADES DAY*

SUNDAY, OCTOBER 16
- *CRAZY SOCK SUNDAY*

FOR MORE INFORMATION
Please contact Group Fitness Director Jane Doe at jdoe@onelifefitness.com

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