# SPIRIT WEEK

## WITH GROUP FITNESS

For the week of October 10th through October 16th, we will be having a party in all of our group fitness classes! How can you be part of the fun? Just come to your favorite workouts decked out in the following for each day!

**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
Juli Presley at jpresley@sportandhealth.com.

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