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 Jane Doe at jdoe@sportandhealth.com.

Onelife® FITNESS