



# OCTOBER



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

						1 <b>Cardio Surprise</b> 1130-1230  Pre-Orders for 2010 White House Ornaments in the ITR!	2
3  Circuit Training is Available Every day the Fitness Center is Open!	4 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300  <b>Fall, Halloween and Thanksgiving Items in the ITR!</b>	5 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	6 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300  <b>Divorce Support Group in Room 2-1-54 1130</b>	7 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	8 <b>Cardio Surprise</b> 1130-1230  <b>Fall Wine Tour</b> <b>\$99.00</b> <b>Sign-Up in the Rec &amp; Travel Office</b>	9	
10	11 Columbus Day MWR Offices Closed	12 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	13 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300	14 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	15 <b>Cardio Surprise</b> 1130-1230	16  <b>Mackinaw City Overnight Bus Trip</b> <b>\$109 per person</b> <b>based on double occupancy</b>	
17  <b>Mackinaw City Overnight Bus Trip</b> <b>\$109 per person</b> <b>based on double occupancy</b>	18 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300	19 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	20 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300	21 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	22 <b>Cardio Surprise</b> 1130-1230	23	
24  31  <b>Happy Halloween</b>	25 <b>Zumba 600-700</b> <b>Butt &amp; Gut 1115-1200</b> B3 1205-1300	26 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.  <b>Kinship Care</b> <b>Room 2-1-54 1130</b>	27 <b>Zumba 600-700</b> <b>Butt &amp; Gut</b> 1115-1200 B3 1205-1300	28 <b>Pilates 1115-1200</b> <b>Yoga 1200-1245</b> 30/30 1600-1700 Massage by Appt.	29 <b>Cardio Surprise</b> 1130-1230	30	