

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy 16th Birthday to the CRMC Wellness Center!	1 Sunrise Shred 5:45am-6:15am Yoga 6:30am-7:15am AM Mix 9:30am-10:00am	2 Fit in 30 5:45am- 6:15am Ab Lab 7:00am-7:30am Aquafit 8:15am-9:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	3 Sunrise Shred 5:45am-6:15am Line Dancing 8:15am-9:15am Chair Yoga 9:30am-10:00am Aqua Strength 5:30-6:30pm	4 Fit in 30 5:45am-6:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	5 Friday Friday 5:45am-6:15am Aquafit 8:15am-9:15am	6 Under 18 Swim 12:00pm-4:00pm
	7 Under 18 Swim 1:00pm-4:30pm	8 Sunrise Shred 5:45am-6:15am Yoga 6:30am-7:15am AM Mix 9:30am-10:00am	9 Fit in 30 5:45am- 6:15am Ab Lab 7:00am-7:30am Aquafit 8:15am-9:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	10 Sunrise Shred 5:45am-6:15am Line Dancing 8:15am-9:15am Chair Yoga 9:30am-10:00am	11 Fit in 30 5:45am-6:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	12 Friday Friday 5:45am-6:15am Aquafit 8:15am-9:15am
14 Under 18 Swim 1:00pm-4:30pm	15 Sunrise Shred 5:45am-6:15am Yoga 6:30am-7:15am AM Mix 9:30am-10:00am	16 Fit in 30 5:45am- 6:15am Ab Lab 7:00am-7:30am Aquafit 8:15am-9:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	17 Sunrise Shred 5:45am-6:15am Line Dancing 8:15am-9:15am Chair Yoga 9:30am-10:00am Aqua Strength 5:30-6:30pm	18 Fit in 30 5:45am-6:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	19 Friday Friday 5:45am-6:15am Aquafit 8:15am-9:15am	20 Under 18 Swim 12:00pm-4:00pm
21 Under 18 Swim 1:00pm-4:30pm	22 Sunrise Shred 5:45am-6:15am Yoga 6:30am-7:15am AM Mix 9:30am-10:00am	23 Fit in 30 5:45am- 6:15am Ab Lab 7:00am-7:30am Aquafit 8:15am-9:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	24 Sunrise Shred 5:45am-6:15am Line Dancing 8:15am-9:15am Chair Yoga 9:30am-10:00am	25 Fit in 30 5:45am-6:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	26 Friday Friday 5:45am-6:15am Aquafit 8:15am-9:15am	27 Under 18 Swim 12:00pm-4:00pm
28 Under 18 Swim 1:00pm-4:30pm	29 Sunrise Shred 5:45am-6:15am Yoga 6:30am-7:15am AM Mix 9:30am-10:00am	30 Fit in 30 5:45am- 6:15am Ab Lab 7:00am-7:30am Aquafit 8:15am-9:15am Water Aerobics 9:30am-10:00am PiYo 5:30pm-6:15pm	31 Sunrise Shred 5:45am-6:15am Line Dancing 8:15am-9:15am Chair Yoga 9:30am-10:00am	Watch for details on the Maintain, Don't Gain Challenge, November 1-January 11 !		