










# Special Events Calendar



Fun, Challenging & Educational!



## October 2007

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> <b>Biggest Loser</b> 3 Mile Walk/Run Challenge 8:00 am  <b>Biggest Loser Support Group</b> 9:45 am Poolside Café <b>The Bottom Half</b> 6:30 - 7:00 pm Front Desk	<b>2</b>	<b>3</b> <b>Biggest Loser</b> 3 Mile Walk/Run Challenge 6:00 pm <b>Biggest Loser Support Group</b> 7:00 pm Poolside Café	<b>4</b> <b>Osteoporosis and Exercise Lecture</b> 6:30 pm Poolside Café 	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> <b>Fab Abs</b> 9:30 am Front Desk <b>Biggest Loser Support Group</b> 6:00 pm Poolside Café 	<b>9</b> <b>Biggest Loser Support Group</b> 10:00 am Poolside Café	<b>10</b> <b>Yogalattes on the Ball</b> 8:00 - 9:00 am Studio 1 <b>Biggest Loser Support Group</b> 9:00 am Poolside Café <b>Cardio Interval</b> 10:00 - 10:30 am Front Desk <b>Strong Shoulders</b> 6:00 - 6:30 pm Front Desk	<b>11</b> <b>Are You on the Ball?</b> 11:00 - 11:30 am Front Desk <b>Diabetes and Exercise Lecture</b> 10:30 am Poolside Café <b>Goal Setting Lecture</b> 6:30 pm Poolside Café 	<b>12</b> <b>H.I.I.T. High Intensity Interval Training</b> 8:15 - 9:00 am Gymnasium <b>KettleBell Clinic</b> 10:00 - 10:30 am Front Desk	<b>13</b> <b>Dance Party</b> 9:05 - 10:05 am Gymnasium <b>Integrated Rehab Exercise and Back Pain Lecture</b> 9:30 am Poolside Café
<b>14</b>	<b>15</b> <b>Functional Circuits</b> 5:45 - 6:30 am Studio 1 <b>Biggest Loser Assessment</b> 6:30 pm Front Desk <b>(Get Your Trainer W/O Challenge)</b>	<b>16</b> <b>Liquid Bootcamp</b> 9:00 - 9:45 am Pool <b>Biggest Loser Support Group</b> 10:00 am Poolside Café	<b>17</b> <b>Lunchtime Quickie*</b> 11:45 - 12:22 pm Spin Studio <b>Biggest Loser Support Group</b> 9:00 am Poolside Café	<b>18</b> <b>Bounce Express</b> 8:30 - 9:00 am Studio 1 <b>Full Body Workout</b> 9:30 - 10:00 am Front Desk <b>KettleBell Clinic</b> 6:00 - 6:30 pm Front Desk	<b>19</b>	<b>20</b>  <b>SNEAK PREVIEW</b> 3:15 - 4:15 pm Studio 1 <i>By Special Invitation Only</i>
<b>21</b> <b>Pimp My Ride*</b> 4:00 - 5:30pm Spin Studio	<b>22</b> <b>The Top Half</b> 5:00 - 5:30 pm Front Desk <b>Fab Abs</b> 6:30 - 7:00 pm Front Desk <b>Biggest Loser Support Group</b> 7:00 pm Poolside Café	<b>23</b> <b>Cardio Strength Circuits</b> 9:00 - 9:30 am Front Desk <b>Biggest Loser Support Group</b> 10:00 am Poolside Café	<b>24</b> <b>Yogalattes on the Ball</b> 8:00 - 9:00 am Studio 1 	<b>25</b> <b>Exercise on the Road</b> 9:00 - 9:30 am Front Desk	<b>26</b>	<b>27</b>  <b>FALL '07 SNEAK PREVIEW</b> 8:00 - 9:00 am* & 9:05 - 10:05 am* Studio 1 <b>Note: This is a Biggest Loser Challenge</b>
<b>28</b>	<b>29</b> <b>Biggest Loser Support Group</b> 6:00 pm Poolside Café	<b>30</b> <b>Working with Bands</b> 9:00 - 9:30 am Front Desk	<b>31</b> <b>Haunted Spin*</b> 5:30 - 6:30 pm Spin Studio	<b>SPECIAL EVENTS LEGEND:</b>  Group Fitness Event  Fitness Floor Event		

\*Sign-up required. See back for descriptions & sign-up dates.

Combo Experience Calendar 07.01