

October 2018

Smoothie of the Month:
Strawberry Banana



SWEAT & RESPECT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 5p.m. Free Bootcamp	6 Weigh in 8 am-10am for Challenge
7	8	9	10	11	12	13 8a.m. Free Bootcamp Anything goes circuit training 11 am (Free Class)
14	15	16	17	18	19	20 Anything goes circuit training 11 am (Free Class)
21	22	23	24	25	26	27 Obstacle course for kids 9am-10am. Self Defense Class 11am-1pm(\$20)
28	29	30	31 Super-hero Dress up day!			

Have you stopped by our sample table? What we sample that day is 10% off. See front desk for details.

\$1.00 off smoothie of the month until October 31st.

Do you need a little push to get past your plateau? Stop by our trainers table for more information.

Daycare hours expanded....We now offer Saturday Mornings from 8am-12pm.

Super Hero dress up day on October 31st. Female and Male winners get a Field House Sports Packet.

Sign your kids up for our obstacle course on October 27th from 9am-10am.