OCTOBER

WELLNESS CENTER CLASSES

WWW.COLORADO.FEB.GOV

KHOVLAND@COLORADO.FEB.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 12-1 Ski Conditioning Outside weather permitting 4:45-5:45 Martial Arts $	4 11-35-12:40 H Yoga $3 3-3:45 Fit Forever 5-6 Yoga w/ Sue $10	5 11:15-12:00 TRX $17 12:-12:50 Pilates $15 6-7:15 Reserved	6 12-1 Fit Ball 5-6 Yoga w/Sue $10	7 11:35-12:40 Hatha Yoga	8
9	10 Columbus Day	11 11-35-12:40 H Yoga $3 3-3:45 Fit Forever 5-6 Yoga w/Sue $10	12 11:15-12:00 TRX $17 12-12:50 Pilates $15 6-7:15 Reserved	13 12-1 Fit Ball 5-6 Yoga w/Sue $10	14 11:35-12:40 Hatha Yoga	15
16	17 12-1 Ski Conditioning Outside weather permitting 4:45-5:45 Martial Arts $	18 11-35-12:40 H Yoga $3 3-3:45 Fit Forever 5-6 Yoga w/Sue $10	19 11:15-12:00 TRX $17 12:-12:50 Pilates $15 4:45-5:45 Martial Arts $ 6-7:15 Reserved	20 12-1 Fit Ball 5-6 Yoga w/Sue $10	21 11:35-12:40 Hatha Yoga	22
23	24 12-1 Ski Conditioning Outside weather permitting 4:45-5:45 Martial Arts $	25 11:35-12:40 H Yoga $3 3-3:45 Fit Forever 5-6 Yoga w/Sue $10	26 11:15-12:00 TRX $17 12-12:50 Pilates $15 4:45-5:45 Martial Arts $ 6-7:15 Reserved	27 12-1 Fit Ball 5-6 Yoga w/Sue $10	28 11:35-12:40 Hatha Yoga	29 30 Sun 31 Mon