

# OCTOBER

# 2020

*My path is carved toward greatness!*

## FEATURE OF THE MONTH: CARBON FOOTPRINT CHALLENGE

\*CLICK EVENTS FOR INFORMATION/REGISTRATION

**CHALLENGES THIS MONTH:**

**WALKING CHALLENGE**



START SEPT 21



END OCT 18

**SWEET & SALTY CHALLENGE**



START OCT 26



END NOV 15

**LOOKING FORWARD:**

**DAILY RADIANCE**



START NOV 23



END DEC 14

**RECURRING:**

MONDAY	TUESDAY	THURSDAY	FRIDAY
MEDITATION FOR BEGINNERS 4:30-5:30PM (MFB)	STREAMED FITNESS 12:00-12:15PM (SF)	STREAMED FITNESS 12:00-12:15PM (SF)	SUNRISE YOGA 7:00-7:45AM (SY)
MOBILITY MONDAY 2:00-2:15PM (MM)			
STREAMED HIIT 7:30-8:00PM (SH)			

MON	TUE	WED	THU	FRI
			1 SF 12:00PM	2 SY 7:00AM
5 MM 2:00PM MFB 4:30PM SH 7:30PM	6 SF 12:00PM	7	8 SF 12:00PM	9 SY 7:00AM
12 MM 2:00PM MFB 4:30PM SH 7:30PM	13 SF 12:00PM	14	15 SF 12:00PM	16 SY 7:00AM
SUN 18 WC END  MM 2:00PM MFB 4:30PM SH 7:30PM	19	20 SF 12:00PM	21	22 SF 12:00PM DASH DIET 2:00PM
26 SS START  MM 2:00PM MFB 4:30PM SH 7:30PM	27 SF 12:00PM	28	29 SF 12:00PM	30 SY 7:00AM