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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
UNLIMITED FITNESS CLASSES AND GYM ACCESS ONLY \$42 A MONTH! OR 10 CLASSES FOR \$50				1		2		3		4			
				11:30 AM—SS CLASSIC®									
		6		7		8		9		10		11	
		11:30 AM—SS CLASSIC®				11:30 AM—SS CLASSIC®							
		13		14		15		16		17		18	
		11:30 AM—SS CLASSIC®				11:30 AM—SS CLASSIC®						 9:00-10:30AM WORKOUT FOR A CURE @ FCHC FITNESS	
20		21		22		23		24		25			
11:30 AM—SS CLASSIC®				11:30 AM—SS CLASSIC®									
27		28		29		30		31					
11:30 AM—SS CLASSIC®				11:30 AM—SS CLASSIC®									

OCTOBER

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
UNLIMITED FITNESS CLASSES AND GYM ACCESS ONLY \$42 A MONTH! OR 10 CLASSES FOR \$50				1		2		3		4	
						5:30 PM—YOGA					
		6		7		8		9		10	
		4:30 PM—CARDIO CORE 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA						4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA			
13		14		15		16		17		18	
4:30 PM—CARDIO CORE 5:30 PM—CIRCUIT STRENGTH 6:30 PM—YOGA						4:30 PM—CIRCUIT STRENGTH 5:30 PM—YOGA				9:00-10:30AM WORKOUT FOR A CURE @ FCHC FITNESS	
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