



October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Interested in chair yoga? Let the office know!	<u>Hours of Operation:</u> Mon-Sat 8:00 AM to 9:00 PM Sunday 10:00 AM to 6:00 PM			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Open House 8 AM-9 PM Free Admission Food and Membership Specials	16 <u>Basic Step</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM	17 Old Orchard Park Haunted House \$5.00 7-10 PM enter in the back of the building.
18	19 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM	20 <u>A.C.C. Drone Seminar Front Gym</u> 12-3 PM <u>Simple Step, Stretch & Sculpt</u> 5:30-6:30 PM <u>Men's B-Ball</u> 7-9 PM	21 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM <u>Men's B-Ball</u> 7-9 PM	22 <u>Simple Step, Stretch & Sculpt</u> 5:30-6:30 PM	23 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM	24 Old Orchard Park Haunted House \$5.00 7-10 PM enter in the back of the building.
25	26 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM	27 <u>Simple Step, Stretch & Sculpt</u> 5:30-6:30 PM <u>Men's B-Ball</u> 7-9 PM	28 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM <u>Men's B-Ball</u> 7-9 PM	29 <u>Simple Step, Stretch & Sculpt</u> 5:30-6:30 PM	30 <u>Basic Step Aerobics</u> 9-10:30 AM <u>Pickle Ball</u> 9-11 AM	31 Old Orchard Park Haunted House \$5.00 7-10 PM enter in the back of the building.