

WHAT'S KEEPING YOU FROM ACCOMPLISHING YOUR GOALS? ASK US ABOUT YOUR FREE PROGRAM REVIEW...

FITCLINIC.COM		October Class Schedule					FITCLINIC.COM
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 	2	3 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	4 6:30-7:30pm Spinning with Angelia	5 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	6 6pm Ballroom Dancing with Juan	7 8:30-9:30am Spinning with Missy	
8	9 	10 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	11 6:30-7:30pm Spinning with Angelia	12 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	13 6pm Ballroom Dancing with Juan	14 8:30-9:30am Spinning with Missy	
15 	16	17 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	18 6:30-7:30pm Spinning with Angelia	19 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	20 6pm Ballroom Dancing with Juan	21 8:30-9:30am Spinning with Missy	
22 	23 	24 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	25 6:30-7:30pm Spinning with Angelia	26 9-10am Yoga with Evelyn – 11am-Noon Zumba with Suzanne	27 6pm Ballroom Dancing with Juan	28 8:30-9:30am Spinning with Angelia	
29	30 	31 9-10am Yoga with Brina – 11am-Noon Zumba with Suzanne	READ OUR ARTICLES AT WWW.FITCLINIC.COM/BLOG Dietary Fats: Not the Boogeymen You May Think! Weight Training and Bone Density Fitness and Your Resting Heart Rate				

YOUR PROGRAM SUCCESS IS OUR #1 CONCERN – SURPASS YOUR GOALS – CHALLENGE US AS YOU CHALLENGE YOURSELF!