



# OCTOBER

## Calendar of Events

Please sign up for all classes and events online, with the Fitness World mobile app, or see the Front Desk.

### **INTRO. TO MACHINE WEIGHTS**

Thursday 10/19 | 9:30AM, 7:00PM

### **INTRO. TO CYCLING**

Saturday 10/?? | 11:00AM

### **ZUMBA LIVE & SILENT AUCTION**

Join us November 17th for Zumba LIVE & a Silent Auction benefitting the Durham Rescue Mission!

\$25 Admission | Sign up at the Front Desk now!  
More details to come.

### **NUTRITION SEMINARS**

Monday 10/16 | 6:00PM Heart Health

### **GUEST APPRECIATION DAY**

Wednesday 10/11  
Invite your guests to this All-Day event!

### **AMP ASSESSMENT DAY**

Sunday 10/8 | 1:15PM

1st ever AMP assessment day is open to all AMP participants who use a MyZone belt.