



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LONG WEEKEND HOURS. SFC CLOSES AT 5PM 1	2	3
4	SFC CLOSED. REOPENS TOMORROW AT 7AM 5	NEW GROUP FITNESS SCHEDULE STARTS! 6	7	ALPHABET WORKOUT 8	9	10
11	12	HEALTHY LUNCHESES VIDEO 13	14	15	TAKE 5 MINDFUL. TAKE THE QUIZ & GET 5 POINTS 16	17
18	19	SIGN UP FOR YEAR MEMBERSHIP & RECEIVE A \$10 FOOD CARD OF YOUR CHOICE 20	TRAINING SMART BOOTH 12PM IN THE PATH 21	22	23	24
25	MEET THE PERSONAL TRAINERS 12PM IN THE PATH 26	27	JOURNALING FOR HEALTH WORKSHOP 12PM ON THE 3FL PATIO 28	29	30	

**\*PRE-REGISTER FOR THE JOURNALING FOR HEALTH WORKSHOP & RECEIVE A JOURNALING KIT.**

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