



## Fitness Center Announcements

*November 2009*



Closings for the Month of November  
Saturday Nov. 14<sup>th</sup> - Army Football Home Game  
Thursday Nov. 26<sup>th</sup> - Thanksgiving Holiday  
Friday Nov. 27<sup>th</sup> - Holiday Hours  
**Open 8:00 am-3:00 pm**



### “Interval Spin Through the Decades”

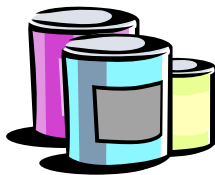


Join Instructor Dana White on this special themed Spin Class on Saturday Nov. 7<sup>th</sup> at 9:00 am!!



### Group Fitness Membership

The price of Group Fitness Monthly Memberships will be increasing to \$35 beginning on November 1st.



### Pump for the Pantry

Come join us for the NEW BodyPump release on Saturday Nov. 21<sup>st</sup> and 8:00 am. The cost is 1 canned good item that will be donated to the local food pantry!!

