



OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>BIKE CLUB REG. OPENS 8AM</i> Facebook Fitness Video 12pm Zoom Fitness Class 12pm	2 ELDER Zoom Fitness Class 8am Blender Series 3pm Wellness Trivia Night 6pm
5 ELDER Zoom Fitness Class 8am Facebook Fitness Video 12pm Zoom Fitness Class 6pm	6 Facebook Fitness Video 12pm Zoom Fitness Class 12pm <i>SPORTS TRIVIA REG. OPENS 5PM</i>	7 Facebook Nutrition Video 12pm Zoom Fitness Class 6pm <i>SPORTS TRIVIA REG. CLOSSES 10PM</i>	8 <i>CORNHOLE REG. OPENS 8AM</i> <i>BIKE CLUB REG. CLOSSES 12PM</i> Facebook Fitness Video 12pm Zoom Fitness Class 12pm Sports Kahoot Trivia 6pm	9 <i>SPOOKY WALK/RUN REG. OPENS</i> <i>CORNHOLE REG. CLOSSES 5PM</i> ELDER Zoom Fitness Class 8am Facebook Nutrition Video 12pm Blender Series 3pm <i>ROUND TABLE DISCUSSION 6PM</i>
12 ELDER Zoom Fitness Class 8am Facebook Fitness Video 12pm Zoom Fitness Class 6pm	13 Facebook Fitness Video 12pm Zoom Fitness Class 12pm <i>SPORTS TRIVIA REG. OPENS 5PM</i>	14 Facebook Nutrition Video 12pm Zoom Fitness Class 6pm <i>SPORTS TRIVIA REG. CLOSSES 10PM</i>	15 Facebook Fitness Video 12pm Zoom Fitness Class 12pm Sports Kahoot Trivia 6pm	16 <i>SPOOKY WALK/RUN REG. CLOSSES</i> ELDER Zoom Fitness Class 8am Facebook Nutrition Video 12pm Blender Series 3pm <i>SPOOKY WELLNESS TRIVIA 6PM</i>
19 ELDER Zoom Fitness Class 8am Facebook Fitness Video 12pm Zoom Fitness Class 6pm	20 Facebook Fitness Video 12pm Zoom Fitness Class 12pm <i>SPORTS TRIVIA REG. OPENS 5PM</i>	21 Facebook Nutrition Video 12pm Zoom Fitness Class 6pm <i>SPORTS TRIVIA REG. CLOSSES 10PM</i>	22 Facebook Fitness Video 12pm Zoom Fitness Class 12pm Sports Kahoot Trivia 6pm	23 ELDER Zoom Fitness Class 8am Facebook Nutrition Video 12pm Blender Series 3pm <i>MADHOUSE WORKOUT 6PM</i>
26 ELDER Zoom Fitness Class 8am Facebook Fitness Video 12pm Zoom Fitness Class 6pm	27 Facebook Fitness Video 12pm Zoom Fitness Class 12pm <i>SPORTS TRIVIA REG. OPENS 5PM</i>	28 Facebook Nutrition Video 12pm Zoom Fitness Class 6pm <i>SPORTS TRIVIA REG. CLOSSES 10PM</i>	29 Facebook Fitness Video 12pm Zoom Fitness Class 12pm Sports Kahoot Trivia 6pm	30 ELDER Zoom Fitness Class 8am Facebook Nutrition Video 12pm Blender Series 3pm

2 MILE & 5K WALK/RUN WEEK ~ 2 MILE & 5K WALK/RUN WEEK ~ 2 MILE & 5K WALK/RUN WEEK ~ 2 MILE & 5K WALK/RUN WEEK ~ 2 MILE & 5K WALK/RUN WEEK ~ 2 MILE & 5K WALK/RUN WEEK

TO BE ADDED TO OUR EMAIL LIST FOR THE MOST UP TO DATE INFORMATION EMAIL US AT WELLNESS.CENTER@GRIC.NSN.US

NEW OCTOBER ACTIVITIES

- ⇒ **Round Table Discussion** 10/8
- ⇒ **Cornhole Distribution** Reg. Opens 10/8 Closes 10/9
**Phone call registrations: call (520) 610-5552 or (520) 610-5597*
- ⇒ **NEW Sports Trivia w/ Kahoot** every Thursday

TRAIL OF DOOM ACTIVITIES

- ⇒ **SPOOKY TRIVIA NIGHT** 10/16
- ⇒ **MADHOUSE WORKOUT** 10/23
- ⇒ **2MILE SPOOKY COSTUME WALK** 10/25 TO 10/31
**Phone call registrations: call (520) 610-4996*

ELDER ZOOM CLASS EVERY MON/FRI @ 8AM

CONTACT INFORMATION

FITNESS QUESTIONS? CALL (520) 610-4996
 SPORTS QUESTIONS? CALL (520) 610-5552 OR (520) 610-5597
 ADMINISTRATION QUESTIONS? CALL (520) 610-5595 OR (520) 610-4968



EMAIL WELLNESS.CENTER@GRIC.NSN.US

