

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pilates Mixed Equipment Class 9:30 am	2 NEW Team Training Schedule and Group Exercise schedules starts today!	3 	4 Pilates Refomer Class with Werner at 5:30 pm	5	6 7 Limited Time Offer Enjoy a \$25 enrollment fee (plus monthly dues) when you add a family member to your membership this month.	
8 Pilates Mixed Equipment Class 9:30 am	9 10 YOUTH EXERCISE & CONDITIONING CLASSES Wed. from 5 – 5:45 pm Sat. from 11:00 – 11:45 am Parents need to register their children in Fitkids.		11 Pilates Reformer Class with Werner at 5:30 pm	12	13 Lost Membership Card? Stop at front desk to purchase your replacement card for only \$2.50 today or download the LFHFC phone app to check in!	14 <i>Did you know that there is a buzzer located by the Fitness desk that members can push for non-medical emergencies if you need assistance from a fitness Specialist?</i>
15 Pilates Mixed Equipment Class 9:30 am	16  Find us on Facebook	17	18 Pilates Reformer Class with Werner at 5:30 pm	19	20 21 A Membership Advisor is now available 7 days a week in our Sales Offices: Mon. & Tues. 8:30 am – 7 pm Wed. 7 am – 7 pm Thurs. 8:30 am – 7 pm Fri. 8:30 am – 5pm Sat. 9am – 1pm Sun. 10am – 2pm	
22 Pilates Mixed Equipment Class 9:30 am	23 24 Locker Rentals Available! Tired of bringing your exercise gear every day? Utilize the convenience of a permanent locker! For more info, contact Amanda at amesser@nm.org		25 MEMBER HALLOWEEN PARTY 5 – 7 PM Prizes for best costume! RSVP at the front desk	26	27  Staff Pumpkin Decorating Contest Don't forget to vote for your favorite pumpkin at the Front Desk.	28
29 Pilates Mixed Equipment Class 9:30 am	30 	31 <i>Fitkids Halloween Parade</i> 9:30 – 11:30 am Dress your child in costume and join Fitkids as we parade with all the children throughout our club and receive treats at different locations.	Lake Forest and Lindenhurst now offers special rates for our active adults 65 and over! Contact a membership advisor to learn more. Check out our “themed” Halloween Group Exercises classes on October 31st!			