

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>October is Breast Cancer Awareness Month</i>	2 Youth Exercise & Conditioning Class Mondays 5:15 – 6 p.m. 	3 	4 5 Lake Forest and Lindenhurst now offers special rates for our active adults 65 and over! Contact a membership advisor to learn more.		6  	7 <i>Get your Flu Shots</i> 
8 	9 <i>Columbus Day</i> 	10 	11 Group Swim Session 7 member registration begins today!	12	13	14 Group Swim Session 7 non-member registration begins today!
15	16	17 <i>Did you know that there is a buzzer located at the Fitness desk that members can push for non-medical emergencies if you need assistance from a Fitness Specialist?</i>	18 	19 A Membership Advisor is now available 7 days a week. Mon, Tues, & Thurs: 8:30-7pm Wed. 8am – 8pm Fri. 8:30am – 5pm Sat. 9am – 1pm Sun. 10am – 2pm	20 Group Swim Session 6 ends tomorrow 10/21 	21 
22 	23 Workshop: Grayslake Outpatient Center 6 – 8pm Look good. Feel better. Learn Beauty techniques to make yourself feel better during cancer treatments. For more information call 1-800-227-2345.	24 25 26 			27  Staff Pumpkin Decorating Contest Don't forget to vote for your favorite pumpkin at the Front Desk.	28 
29 	30 	31 <i>Fitkids Halloween Parade</i> 9 - 11am Dress your child in costume and join fitkids as we parade with all the children thru-out our club and receive treats at different locations.	Halloween Bingo Tuesday, October 31 at 12:30pm – 2:30pm Put on your Halloween best and join us for a wicked good time as you try your luck at a couple rounds of bingo. There will be a costume contest and a light snack with refreshments will be served. Registration at the front desk required.			