

October Member Appreciation

FAUQUIER  HEALTH
Wellness Center

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|--|---|---|-----------|
| Call the front desk with any questions about any of this month's activities. 540-316-2640. | | | | | | 1 <i>Fall into Fitness!</i> Begins and runs through Nov. 23. | 2 |
| Demo week | 3 Aromatherapy Demo 4:45-5:15 p.m. | 4 Contraptions in the Corner – 10:30-11 a.m. 5:30-6 p.m. | 5 Contraptions in the Corner – 9:30-10a.m. Aromatherapy 11:30 a.m.-noon | 6 Contraptions in the Corner – 6-6:30 a.m. | 7 Aromatherapy 9-9:30a.m. Contraptions in the Corner – 4:30-5 p.m. | 8 Contraptions in the Corner – 9-9:30 a.m. Aromatherapy 10:30 - 11a.m. | 9 |
| Give away week | 10 Challenge the Trainer (Sara) 9:30-10:15 a.m. & (John -Zumba) 6 p.m. Pick up your FREE "I'm Taking Control" shirt. Wii games: 3-5:30 p.m. | 11 Challenge the Trainer (Molly & Sara)7-8 a.m. & (Denise) 5:30-6pm Pick up your FREE "I'm Taking Control" shirt. | 12 Challenge the Trainer (John – Zumba) noon Pick up your FREE "I'm Taking Control" shirt. Wii games: 8:30-11 a.m. | 13 Pick up your FREE "I'm Taking Control" shirt. Wii games: 10 a.m.-noon & 3-5:30 p.m. | 14 Pick up your FREE "I'm Taking Control" shirt. | 15 Pick up your FREE "I'm Taking Control" shirt. | 16 |
| Drawing Week | 17 Attend today and be entered into the daily drawing. | 18 Attend today and be entered into the daily drawing. | 19 Attend today and be entered into the daily drawing. | 20 Attend today and be entered into the daily drawing. | 21 Attend today and be entered into the daily drawing. | 22 Attend today and be entered into the daily drawing. | 23 |
| Free Fitness Reassessment Week – First come, first served, while time slots last. Assessment takes about 15 minutes. | 24 Fitness Reassessments 8 - 10 a.m. & 11:30 a.m. - 1 p.m. | 25 Fitness Reassessments 9:30 - 11:30 a.m. & 4 – 6 p.m. | 26 Fitness Reassessments 6:30 - 8:30 a.m. & 5:30 - 7:30 p.m. | 27 Fitness Reassessments 3 - 5 p.m. Member pot luck social - 5 to 7 p.m. Bring your best dish and recipe. The best <u>healthy</u> dish wins a prize! | 28 If you didn't get yours yet, pick up your free "I'm Taking Control" shirt. | 29 If you didn't get yours yet, pick up your free "I'm Taking Control" shirt. | 30 |
| | 31 If you didn't get yours yet, pick up your free "I'm Taking Control" shirt. | Nov 1 Drawing – <i>Fall into Fitness</i> October winner. Focus group 5:30 - 8 p.m. | | | | | |