

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 15 minute walk for fitness	5	6 15 minute walk for fitness	7	8
9	10 Columbus Day	11	12	13	14	15
16	17	18 15 minute walk for fitness	19	20 15 minute walk for fitness	21	22
23	24	25	26	27	28	29
30	31 Halloween					

Notes:

WC: Wellness Classes. All Wellness Classes start at 12:10pm, unless otherwise stated

15 minute walk for fitness: Encourages you to get up and walk for 15 minutes a day.
