


# PLEX EVENTS OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Burpees for Breast Cancer	4	5 7-Week Chakra Series 5:30-6:30 pm	6
7	8 Intro to Tap 4:45-5:45 pm	9 Kidtown Turf Time 6-7 pm	10	11	12 7-Week Chakra Series 5:30-6:30 pm	13
14	15	16	17 Women's Health Restoration Series 5-5:50 pm	18	19 7-Week Chakra Series 5:30-6:30 pm	20
21	22	23	24	25	26	27
						
28	29	30	31 Kidtown Trick-or-Treat 8-12 pm / 4-8 pm  Spook Your Spin 6-6:50 pm			

## **Celebrate 20 YEARS STRONG October 20-26**

Celebrate the HealthPlex's 20th anniversary with a week full of special events. Invite your friends - the club is open to guests all week long.

### **Family Fitness Spectacular Saturday, October 20**

10:00-10:30am - Family Fun Run (All Ages)  
11:00-11:30am - Family Karate (All Ages)  
11:30-12:30pm - Field Class (Ages 14+)  
12:00-12:30pm - Drum Race (Ages 4+)  
12:30-1:00pm - Silks Demos (Ages 14+)  
1:00-1:30pm - Obstacle Course (All Ages)  
1:30-2:00pm - Family Dance Fit (Ages 5+)

### **Tailgate Party**

#### **Sunday, October 21**

11:00-1:00pm - Pregame Parking Lot Tailgate  
1:00-4:00pm - Bengals Viewing Party

### **Cardio is My Happy Hour**

#### **Monday, October 22**

8:30am - Cycle Journey (Cycle Studio)  
9:00am - Barre Sculpt (Main Studio)  
9:30am - Hoop FIT (Main Studio)  
10:00am - Mid-Level F.I.I.T. (Main Studio)  
10:30am - Healing Yoga (Main Studio)  
10:45am - Vinyasa (Main Studio)  
11:00am - Power Yoga (Main Studio)  
11:15am - Yin Yoga (Main Studio)  
1:00pm - Restorative Movement  
5:00pm - Mid-Level F.I.I.T. (Main Studio)  
5:30pm - Cycle Journey (Cycle Studio)  
6:00pm - Dance FIT (Main Studio)  
6:30pm - Interval Blast (Main Studio)  
7:00pm - H.I.I.T/Core (Main Studio)  
7:00pm - Qigong (Mind, Body Studio)  
7:30pm - Yin Yoga (Mind, Body Studio)

### **Tennis Tuesday**

#### **Tuesday, October 23**

7:00-10:00pm - Round Robin Tennis Social

### **Wet Wednesday**

#### **Wednesday, October 24**

Please join us for group classes, music, snacks and a chance to meet our pool staff!

### **20th Anniversary Party**

#### **Thursday, October 25**

6-8pm - Members Only Party  
Hors d'oeuvres, drinks, music and raffle prizes.  
Must be present to win.

### **Community Open House**

#### **Friday, October 26**

Invite your friends to experience what you have enjoyed for 20 years!

### **Burpees for Breast Cancer Wednesday, October 3**

Join our Fitness Team and test your skills for a good cause!

### **7-Week Chakra Series Fridays, 5:30-6:30 pm**

Step-by-step methods for removing internal energy blocks. \$15 M / \$25 NM

### **Intro to Tap - Take 3 Monday, Oct 8, 4:45-5:45 pm**

Test out your rhythm and coordination skills while learning the basics of tap dancing. Tap shoes are required. \$5 M / \$10 NM

### **Kidtown Turf Time**

#### **Tuesday, October 9, 6-7 pm**

Complete the course as fast as you can and earn a spot on the leaderboard!

### **Women's Health Restoration**

#### **Wednesday, Oct 17, 5-5:50 pm**

Learn gentle movement and stretching techniques to improve posture, flexibility, blood flow and overall wellbeing.  
Complimentary and open to the public.

### **Kidtown Craft: Ghost Pops**

#### **Wednesday, October 24**

It's craft day! Visit Kidtown and create your very own ghost pop. Have a spooky good time making this sweet and tasty treat!

### **Kidtown Trick or Treat**

#### **Wednesday, October 31**

Trick or treat at the Plex! Wear your Halloween costume to Kidtown today and we'll give you a special treat!

### **Spook Your Spin**

#### **Wednesday, Oct 31, 6-6:50 pm**

Ride into Halloween Night with a spooky fun cycle class. Costumes are encouraged!



**MERCYHEALTH**

Fairfield HealthPlex