

# 2018

# OCTOBER

## Fitness Calendar

Calendar is subject to change, please call for up to date changes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01 Strength and Sport 6:00pm (\$5)	02 Unconditional Conditioning 6:00pm (\$5)	03 Youth Martial Arts 4:00pm (\$5)	04 Yoga 6:00p (\$5)	05	06
07	08 Columbus Day	09 Unconditional Conditioning 6:00pm (\$5)	10 Youth Martial Arts 4:00pm (\$5)	11 Yoga 6:00p (\$5)	12	13
14	15 Strength and Sport 6:00pm (\$5)	16	17 Youth Martial Arts 4:00pm (\$5)	18 Yoga 6:00p (\$5)	19	20
21	22 Strength and Sport 6:00pm (\$5)	23	24 Youth Martial Arts 4:00pm (\$5)	25 Yoga 6:00p (\$5)	26	27
28	29 Strength and Sport 6:00pm (\$5)	30	31 Youth Martial Arts 4:00pm (\$5)	01	02	03
04	05	06	07	08	09	10

All classes for ages 12+  
(Youth Martial Arts ages 7+)

Location: Hasty Community Center Recreation Room  
e-mail: [mmuise@auburnmaine.gov](mailto:mmuise@auburnmaine.gov)

**Auburn Recreation Dept.** 333-6601 ext. 2101  
48 Pettengill Park Rd.  
Auburn, ME 04210