











CommonHealth Classes Burn calories *and* are more fun than raking leaves!

FALL INTO FITNESS! WITH COMMONHEALTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All equipment provided. Classes are Co-ed</p> 	<p>CORE FIT \$6/CLASS OR \$35/MONTH 2X/WEEK</p> 	<p>1 YOGA 12:15 - 1</p>	<p>2 CORE FIT 12:15 AND 5:15</p>	<p>3 YOGA 12:15 - 1</p>
<p>6 CORE FIT 12:15 - 1</p> 	<p>7 CORE FIT 12:15 AND 5:15</p>	<p>8 YOGA 12:15 - 1</p>	<p>9 CORE FIT 12:15 AND 5:15</p>	
<p>13 CORE FIT 12:15 - 1</p> 	<p>14 CORE FIT 12:15 AND 5:15</p>	<p>15 YOGA 12:15 - 1</p>	<p>16 CORE FIT 12:15 AND 5:15</p>	<p>17 YOGA 12:15 - 1</p>
<p>20 CORE FIT 12:15 - 1</p> 	<p>21 CORE FIT 12:15 AND 5:15</p>			<p>No Classes November 22-24</p>
<p>27 CORE FIT 12:15 - 1</p> 	<p>28 CORE FIT 12:15 AND 5:15</p>	<p>29 YOGA 12:15 - 1</p>	<p>30 CORE FIT 12:15 AND 5:15</p>	<p>Yoga Classes \$5 per class</p>