



A Real Mom:  
Emotional, yet the rock.  
Tired, but keeps going.  
Worried, but full of hope.  
Impatient, yet patient.  
Overwhelmed, but never quits.  
Amazing, even though doubted.  
Wonderful, even in the chaos.  
Life Changer. Every. Single. Day.

# October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 <b>Class 6</b> Home Circuit 1:00 Krystal	2  Trail Walk Back-up Date	3	4
5 <b>Class 7</b> Shoulders & Obliques 10:00 Katie	6	7 <b>Wine Down Wednesday</b>  with Meagan Sales Pelvic Floor PT 8:30 pm	8 <b>Class 8</b> Back & Biceps 1:00 Krystal	9 <b>BONUS</b>  Podcast: <b>"Nutrition Matters"</b>	10	11
12 <b>Class 9</b> Lower Body 10:00 Katie	13	14 <b>BONUS</b>  Local Special Guest <i>Pilates with Alli</i>	15 <b>Class 10</b> Upper Body 1:00 Krystal	16	17	18
19 <b>Class 11</b> Barre Brew 10:00 Katie	20	21 <b>BONUS</b>  Myofascial Release Katie	22 <b>Class 12</b> Total Body - 1:00 Krystal	23 <b>Trail Walk!</b> 9:15 am Pack a Snack	24 <b>DISCUSSION Topic:</b> <i>What Have You Learnt?</i>	25
26	27	28	29	30	31	

**\*\*Trail Walk Brant – Meet at Glenhurst Gardens Parking Lot (bottom of hill)\***