

OCTOBER 2026 - MCEF

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Kid's Club Hours</u> Monday – Thursday 8:45-10am 10:15-11:30am 4:30-5:45pm 6-7:15pm	<u>Office Hours</u> Monday – Thursday 9am to 7pm Friday 9am to 4pm	*Fee Class Join us for Fall Bootcamp new session starts 13 th & 16 th	1 Senior Fit 9:30am Line Dancing 6pm	2 #8 Bootcamp 7am Yoga 10:30am	3
5 Rise & Lift 9am Cycle & Abs 6pm Walking Club 6:30-8pm	6 Senior Fit 9:30am Tone-Tastic 5:30pm Yoga 6pm	7 Walking Club 7:30-9am Core & More 5:30 Cardio Danze 6pm	8 Senior Fit 9:30am Line Dancing 6pm	9 Free Bootcamp 7am Yoga 10:30am	10
12 Rise & Lift 9am Pilates-Yoga Fusion 4:45pm Walking Club 6:30-8pm	13 *#1 Fall Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm	14 Walking Club 7:30-9am Core & More 5:30 Cardio Danze 6pm	15 Senior Fit 9:30am Line Dancing 6pm	16 *#1 Fall Bootcamp 7am Yoga 10:30am	17
19 Pilates-Yoga Fusion 4:45pm Cycle & Abs 6pm Walking Club 6:30-8pm	20 *#2 Fall Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm	21 Walking Club 7:30-9am Core & More 5:30 Cardio Danze 6pm	22 Senior Fit 9:30am Line Dancing 6pm	23 *#2 Fall Bootcamp 7am Yoga 10:30am	24 Equipment 101 9am
26 Rise & Lift 9am Pilates-Yoga Fusion 4:45pm Cycle & Abs 6pm Walking Club 6:30-8pm	27 *#3 Fall Bootcamp 7am Senior Fit 9:30am Tone-Tastic 5:30pm Yoga 6pm	28 Walking Club 7:30-9am Core & More 5:30 Cardio Danze 6pm	29 Halloween Senior Fit 9:30am Spooky Line Dancing Party 6pm	30 *#3 Fall Bootcamp 7am Yoga 10:30am	31 Happy Halloween  Trick or Treating

Breast Cancer Awareness Month