

October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Dance Fitness 6:00-7:00pm	5 Dance Fitness 9:00-10:00am
6 Dance Fitness 1:00-2:00pm	7	8	9 Dance Fitness 6:00-7:00pm	10	11 Dance Fitness 6:00-7:00pm	12 Dance Fitness 9:00-10:00am
13 Dance Fitness 1:00-2:00pm	14 Dance Fitness 6:00-7:00pm	15	16 Dance Fitness 6:00-7:00pm	17	18 Dance Fitness 6:00-7:00pm	19
20 Dance Fitness 1:00-2:00pm	21 Dance Fitness 6:00-7:00pm	22	23	24	25 Dance Fitness 6:00-7:00pm	26 Dance Fitness 9:00-10:00am
27 Dance Fitness 1:00-2:00pm	28 Dance Fitness 6:00-7:00pm	29	30 Halloween Party 6:00-7:00pm	31		

Location:

Bettendorf
Community
Center
2204 Grant St.
Bettendorf, IA

Price:

\$5.00 per person
per class.
Cash and all
major credit
cards accepted.

HALLOWEEN PARTY:

Wednesday, October 30th we'll have our 3rd Annual Halloween party! Routines are Halloween themed and we encourage everyone to dress up! IF you dress in costume you will receive a raffle ticket and be entered to win free merchandise.

Some workout appropriate costume ideas: Workout Barbie (leotard & leggings), 80's Jazzercise (or anything 80's), superhero (Cat Woman, Super Woman, Ninja Turtle) witch, cat, HAVE FUN!

