



OCTOBER 2019

Gym Hours

Monday—Friday: 8am to 4pm

Closed Daily: 12pm to 1pm

| MON | TUES | WED | THURS | FRI |
|-----------------------------------------------------|---------------------------------------------|---------------------------------------------|------------------------|-----|
| 1 | 2 | 3 | 4 | |
| 7 | 8 | 9 | 10 | 11 |
| 14 Happy Thanksgiving! COMPASS CLOSED | 15 | 16 GYM CLOSED 8-11 AM | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 Halloween Fitness Challenge—Day 1! | 29 Halloween Fitness Challenge—Day 2! | 30 Halloween Fitness Challenge—Day 3! | 31 Happy Halloween! | |



Veronica—905 523 1184 x 3067



COMPASS
COMMUNITY HEALTH