

This Month's Special Events

Mon. Oct. 1st- Nov. 30th:

Everyone who JOINS • RENEWS • REFERS receives one entry for

CASH FOR CHRISTMAS

Pick up a flyer for details

Tues. Oct. 10th:

12:15p: ACTIVE Launch

Sun. Oct. 22nd:

9:15a: FIGHT Launch

Mon. Oct. 23rd-Wed. Oct. 25th: The ⚡ Prize Patrol is BACK!
Sport the ⚡ on your car and win PRIZES!

Mon. Oct. 23rd:

9:15a: Double Blasting it UP! Team taught BLAST class
5:30p: GROOMBA: Groove & Zumba team taught class

Tues. Oct. 24th:

9:15a: 'Aqua Olympic' Games in the Water
9:15a: Power to the People! Team taught POWER class

Wed. October 25th: Member Appreciation Day

See next page for Schedule of Events

Fri. Oct. 27th:

9:15a: BARRE Connect Launch

Tues. Oct. 31st

10:30a: GROOVE Launch

36th Anniversary

Member Appreciation Day
Wed. Oct 25th

Schedule of Events

KAFE:

6a-10a: Continental Breakfast

LOBBY:

9a - Noon: 'Ask the Trainer' Q & A
Group Exercise Booth & Chair Massage with Bruce

ALL DAY FITNESS CHALLENGE:

Follow the timed cardio and strength training challenge to compete against yourself--PLUS--complimentary water, energy drinks & power bar samples

ENJOY OUR REGULAR SCHEDULE AND THESE SPECIAL CLASSES

9:15a: Hip Hop Daze w/DJ Jazzy Joe: 60-min CYCLE class
11:30a: Purple Passion Party with Danya: Cardio DANCE class

KIDZ CLUB:

FREE Child Care (limit 2 hours by reservation)
Special Crafts, Snacks, Activities and
Pizza Party (5p-8p)

ANNIVERSARY PARTY 5:30P - 8P
Dance Party with DJ BUDDY
Great Food • Wine • Beer & YOU!
21+ (Free child care by reservation)

Friends & Family Local Guest Days
announced on your favorite social media site—follow us!

Share the 'Health'!



**Membership Specials Offered NOW
through Wed. October 25th***

**Renew and Receive
3 FREE MONTHS**

**Refer 'Friends & Family' to Join
36¢ ENROLLMENT FEES!**

Everyone who
JOINS - RENEWS - REFERS
receives one entry towards

**CASH FOR
CHRISTMAS**

See Contest Flyer for details!

**MORE ANNIVERSARY SPECIALS EXCLUSIVE TO KCF - ARROYO GRANDE
Starts Mon. Oct. 23rd - Wed. Oct. 25th:**

Front Desk & ProShop:

- 36% OFF total purchase of 3 items or more

Personal Training:

- 10% OFF ALL - Plus - 3 Sessions for 36¢ when you purchase 20+

Kidz Club:

- 36% OFF 30-Hour Card--No Limits!

HydroMassage:

- 3 months for \$36

*Renewal special applies to non-corporate or CCPA prepaid annual plans. 36¢ applies to those joining on a membership plan.
Other restrictions may apply—ask for details. ENDS Wed. Oct. 25th!

**36th Anniversary
Celebration & Specials**



Member Appreciation Day

Wednesday, October 25th

ANNIVERSARY PARTY 5:30P - 8P

Free Guest Day

Special Savings • Events & Classes

Local Food • Wine & Beer

Dance Party with DJ BUDDY

21+ (Free child care by reservation)