

## ***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

Mon. Oct. 9th:  
10:30a: ACTIVE Launch

Sun. Oct. 15th: 4th Annual Kids Triathlon  
All abilities and ages up to High School Senior are encouraged to participate in this FUN swim/bike/run event!  
\$25 entry (\$30 after Oct. 8th). See flyer for details.

Tues. Oct. 17th  
5:45p: FIGHT LAUNCH

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

Mon. Oct. 23rd:  
8a-Noon: Vendor Fair in the Lobby.  
Special offers from local businesses just for YOU  
9:15a: ZUMBA Partay  
10:30a: Activate with team taught GROUP ACTIVE  
4:45p: 'Krank It' UP Cycle Class  
5:45p: BARRE Connect Launch

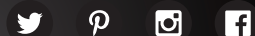
Tues. Oct. 24th:  
9a: Get Groovey with Group GROOVE  
10:30a: AQUA Fitness Craze  
7p: Candlelight YOGA

Wed. October 25th: Member Appreciation Day  
See next page for Schedule of Events

Tues. Oct. 31st:  
9a: GROOVE Launch

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

Share the 'Health'!



# **36<sup>th</sup> Anniversary**

**Member Appreciation Day**  
**Wed. Oct 25th**

## **Schedule of Events**

**KAFE:**  
8a-10a: Parfaits

**LOBBY:**  
8a-10a: Pilates Demos on the Reformer with Jeni  
9a & 10a: Training with Taryn: 30 min demos

**CONFERENCE ROOM**  
10a: 'Portion Size Me!' with David and Cat.  
Dramatic weight loss results from portion size changes.

### **ENJOY OUR REGULAR SCHEDULE AND THESE SPECIAL CLASSES**

9a: POWER UP team taught class  
12 noon: Lunchtime Express 45-min CYCLING class  
12 Noon: Find Your 'Chi' in Tai Chi  
5:45: FIGHT ON team taught class

**AT THE POOL:**  
11:30a-Noon: Coffee & Bagels after Aqua Class

**KIDZ CLUB:**  
All Day - FREE Child Care (limit 2 hours by reservation)  
Extra Fun for the Kids, too!

**ANNIVERSARY PARTY 5:30P - 8P**

Live Music by Five Parts Devil  
**Great Food • Wine • Beer & YOU!**  
21+ (Free child care by reservation)

**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 - PASO ROBLES**  
Starts Mon. Oct. 23rd - Wed. Oct. 25th

**Front Desk: MyZone Belts only \$79 (Save \$70!)**

**Personal Training:**

10% OFF ALL Personal Training, Pilates and Private Yoga Packages  
(new clients only please)

**Kidz Club: 36% OFF 30-Hour Card (limit 2)**

*Offered on Member Appreciation Day ONLY*

**Serenity: 20% OFF ALL Spa Services: Massage, Facials, Waxing & Spray Tans**

\*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!

**36<sup>th</sup> 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**

**Live Music by Five Parts Devil**

**21+ (Free child care by reservation)**