

# CALENDAR OF EVENTS -AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Family Time 1-4 p.m.	2 Meet The Energy Therapist  9 a.m. or 9:40 a.m. In the Café 25 Fit Into Fall points	3	4 Meet The Energy Therapist  6 p.m. or 6:40 p.m. In the Cafe 25 Fit Into Fall points	5	6 Family Time 7-9:30 p.m.	7 <b>Massage appointments now available every Saturday and Sunday!</b>  Family Time 2-6 p.m.
8 Family Time 1-4 p.m.	9 Senior Fitness Testing 11 a.m.-1 p.m.	10 Golf Clinic 10 a.m. Free for members	11	12	13 Family Time 7-9:30 p.m.	14 Family Time 2-6 p.m.
15 <b>Massage appointments now available every Saturday and Sunday</b>  Family Time 1-4 p.m.	16 Facility Closed For Annual Maintenance Week 8/16-8/20	17	18	19	20	21 <b>Facility re-opens 7 a.m.</b> Family Time 2-6 p.m.
22 Family Time 1-4 p.m.	23 <b>Welcome Back New Fitness Equipment</b> Free refreshments and chair massage 10- Noon	24	25 Free refreshments and chair massage 4-6 p.m.	26 <b>Weight Control 101 11:30 a.m. and 6 p.m.</b> <b>Fad Diets Fact and Fiction</b>  25 Fit Into Fall points	27 Family Time 7-9:30 p.m.	28 Family Time 2-6 p.m.
29 Family Time 1-4 p.m.	30	31		<b>Earn Free dues with Fit Into Fall Program runs through September 30.</b> <b>Register at the front desk.</b>		<b>BORGESS</b> Health & Fitness Center  