**What to Bring:**

* **H20**
* **Ball cap with adjustable tab**
* **Boxing Gear**
* **Jump Rope**
* **Name Tag**
* **Mat-optional**



October 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Mon | Tue | Wed | Thu | Fri | Sat |
| **1****5:15 – 6:45pm****ALL LEVELS**Betsy | **2****Noon – 1:30pm PD 3/4** Betsy**1:45pm – 3:15pm PD 1/2** Betsy | **3** | **4****Noon – 1:30pm PD 3/4** Carol**1:45pm – 3:15pm PD 1/2** Carol | **5** | **6** |
| **8****5:15 – 6:45pm****ALL LEVELS**Betsy | **9****Noon – 1:30pm PD 3/4** Nic**1:45pm – 3:15pm PD 1/2** Nic | **10** | **11****Noon – 1:30pm PD 3/4** Carol**1:45pm – 3:15pm PD 1/2** Carol | **12** | 13 |
| **15****5:15 – 6:45pm****ALL LEVELS**Betsy | 16**Noon – 1:30pm PD 3/4** Nic**1:45pm – 3:15pm PD 1/2** Nic | **17** | **18****Noon – 1:30pm PD 3/4** Nic**1:45pm – 3:15pm PD 1/2** Nic | **19** | 20 |
| **22****5:15 – 6:45pm****ALL LEVELS**Nic | 23**Noon – 1:30pm PD 3/4** CarolSnack&Share 1:30-2**2pm – 3:15pm PD 1/2** Carol | **24** | **25****Noon – 1:30pm PD 3/4** Nic**1:45pm – 3:15pm PD 1/2** Nic | **26** | 27 |
| **29****5:15 – 6:45pm****ALL LEVELS**Betsy | **30****Noon – 1:30pm PD 3/4** Nic**1:45 – 3:15pm** **PD 1/2** Nic | **31** |  |  | **C:\Users\PurEnergy User\AppData\Local\Microsoft\Windows\INetCache\IE\CB7LNFGU\halloween_n07[1].png** |

**Reminder:**

Snack&Share Tuesday 10/23 1:30-2

Prizes for BEST Halloween Costume!



**PurEnergy Fitness Center**

1905 Ashwood Ct.

Greensboro, NC 27455

 336.282.4200[www.julieluther.com](http://www.julieluther.com)

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**Follow Rock Steady on Social Media:**

**Facebook- Rock Steady Boxing / Rock Steady Boxing Greensboro**

**Instagram: rock\_steady\_boxing / purenergy\_fitness\_center**

![C:\Users\PurEnergy User\AppData\Local\Microsoft\Windows\INetCache\IE\LKC2G9MO\hanging-boxing-gloves-isolated-white-background-52435079[1].jpg]()

**Monthly Power over Parkinson’s meeting:**

![C:\Users\PurEnergy User\AppData\Local\Microsoft\Windows\INetCache\IE\LKC2G9MO\hanging-boxing-gloves-isolated-white-background-52435079[1].jpg]()

**Tuesday, October 16th, 4-5 pm**

**at Women’s Hospital Education Center**

**801 Green Valley Rd**

**Greensboro, NC**

***If you’re going to be gone for more than a week, please let your***

***Coach know.***

***Coach Carol: 336-707-0237 or*** ***cedmiston@triad.rr.com***

 ***Coach Nic:*** ***divo@divofitness.com***

 **Coach Betsy:*****blerner55@gmail.com***