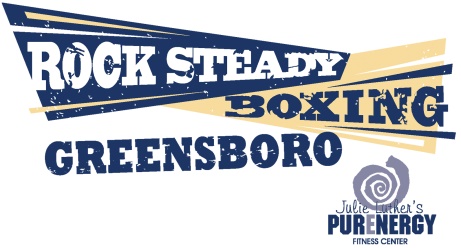
**What to Bring:**

* **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** Carol  Snack&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**



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



**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***](mailto:cedmiston@triad.rr.com)

***Coach Nic:*** [***divo@divofitness.com***](mailto:divo@divofitness.com)

**Coach Betsy:**[***blerner55@gmail.com***](mailto:blerner55@gmail.com)