

Fall into Fitness

October 2009 * Mansfield University * Kelchner Fitness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kelchner Fitness Center Front Desk 662-4234	Regular Hours M-Th 6a.m. to 11p.m. Friday 6a.m. to 9p.m. Saturday 9a.m. to 9p.m. Sunday 2p.m. to 10p.m.		Fall is a great time to do outdoor activities! Try hiking, biking or camping this month!	1 Yoga 4:30 to 5:45	2 Cycle Fusion 12:05 to 12:45	3 We are open 9a.m. to 9p.m. on Saturday! Plenty of time to get your workout in!
4 KFC Outdoor Recreation Presents: A Day at the Pumpkin Patch 1 – 5p.m. Sign up at KFC \$5.00 per person	5 	6 6:15a.m. to 7:00a.m. Morning Group Cycle	7 Last Tai Chi Class 4:00 to 5:00p.m.	8 6:15a.m. to 7:00a.m. Morning Group Cycle	9 Homecoming Weekend! 	
11 Free KFC usage for all Alumni this weekend!!! 	12 Yoga 4:30 to 5:45	13 Remember our calendar is just an overview of what we offer!	14 Join us on Facebook! Search for Kelchner Fitness Center and add our fanpage!	15 Core and More 7-8p.m.	16 We close at 3p.m. today for Fall Break!	17 10a.m. to 6p.m. Fall Break 
18 2p.m. to 6p.m. Fall Break 	19 10a.m. to 6p.m.	20 10a.m. to 6p.m.	21 We reopen with regular hours today! Hope you had a great Fall Break!	22 6:15a.m. to 7:00a.m. Morning Group Cycle	23 Kenpo Karate 4p.m. to 5p.m.	24 Mansfield.edu/kfc
25 Check out our webpage for calendars, group fitness schedules and more!	26	27	28 Kickboxing 5-6p.m.	29 Yoga 4:30 to 5:45	30 Happy Halloween 	

