

JOIN US FOR SHOCKTOBER AT THE MILWAUKEE Y



Summer is over and fall is here. Forget the old routine and **SHOCK** your system with these new classes!

<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
4	5	6	7	8	9	10
TRY A CLASS FREE!!! Challenge yourself in a new way and try a small group class for free.						
11	12	13	14	15	16	17
LAUNCH WEEK!!! It's all about athleticism and power in the new Body Pump and Body Step classes.						
18	19	20	21	22	23	24
PINK WEEK!! All week we're celebrating pink week for breast cancer awareness.						
25	26	27	28	29	30	31
SPOOKTACULAR!!! Halloween themed classes all week long! Dress up and show up!						