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# OCTOBER 2018 - RECHARGED CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM - MATT M.	6:00AM - MATT M.	6:00AM - ANTHONY	6:00AM - IAN	6:00AM - MATT M.	7:00AM - SONJA
8:15AM - IAN	8:00AM - MATT M.	8:15AM - IAN	8:00AM - MATT M	8:15AM - IAN	8:15AM - IAN
9:30AM - MATT M.	9:30AM - IAN	9:30AM - MATT M.	9:30AM - SAM	9:30AM - MATT M	9:30AM - MATT P
12:00PM - BRIAN		12:00PM - BRIAN		12:00PM - BRIAN	INTRO 11:00AM CALL TO RESERVE
3:30PM - ANTHONY	4:00PM - IAN	3:30PM - ANTHONY	4:00PM - IAN	3:30PM - MATT P	
5:00PM - MATT P.	5:15PM - CORY	5:00PM - MATT P	5:15PM - MATT P	5:00PM - IAN	
6:15PM - SAM	6:30PM - MATT P.	6:15PM - IAN	6:30PM - SAM		

## 30 DAY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	7	8	9	10	11	12
	14	15	16	17	18	19
	21	22	23	24	25	26
	28	29	30	31		

*FRIENDS ARE FREE*

**THE TUESDAY 200**

**BRING A FRIEND FRIDAY**

**MORE-CORE MONDAY**

**MASTER YOUR MILE**  
7 MINUTE MILE

**MEP MADNESS**  
200 MEP WORKOUT

**CALORIE KING/QUEEN**  
MEN - 700 CALORIES  
WOMEN - 500 CALORIES

**MAX YOUR METERS**  
MEN - 300m in 1 min  
WOMEN - 250m in 1 min

**BEAT YOUR BEST**  
SET A PERSONAL GOAL AND CRUSH IT!

**TEAM CHALLENGE AWARD**  
WEIGH-IN 10:30am

**BREAST CANCER WORKOUT**  
**\$1**

**COSTUME CONTEST**  
PRIZE DRAWING

## BREAST CANCER WORKOUT

OCTOBER IS BREAST CANCER AWARENESS MONTH. WE HAVE ALL BEEN IMPACTED BY CANCER IN SOME WAY OR ANOTHER. ON MONDAY, OCTOBER 29th, BRING IN A DOLLAR OR MORE TO OUR PINK WORKOUT. IROCK WILL MATCH THE PROCEEDS AND DONATE ALL MONEY RAISED TO CANCER RESEARCH.

DON'T FORGET TO WEAR YOUR PINK.