

October

Warrior Fitness Center

777-2762

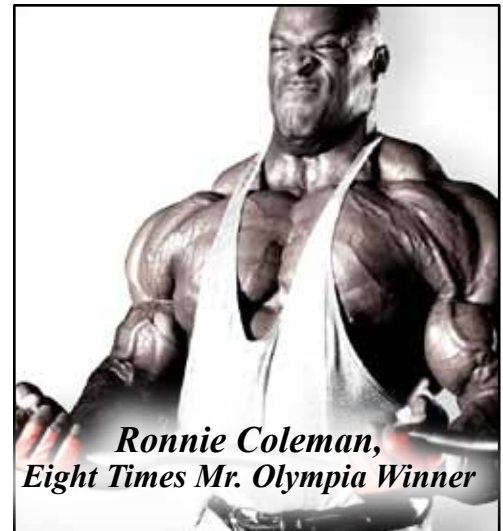


HALLOWEEN COSTUME 5K AND KID'S 1 MILE, OCTOBER 30 Wear your costume and join us at 9:00 a.m. for a family fun run. Sign up at the Warrior Fitness Center. We are also seeking 5 volunteers. Email [katherine.purser@hill](mailto:katherine.purser@hill.af.mil) or ashley.mitchell@hill.af.mil



RONNIE COLEMAN, AUTOGRAPH SIGNING, OCTOBER 8 Ronnie Coleman is an American professional bodybuilder who is an 8 times Mr. Olympia winner. He will sign autographs from 5:00 p.m. to 7:00 p.m. at the Elite Nutrition Center located inside the fitness

WALKING FOR WELLNESS, BEGINS OCTOBER 18 Join us every Monday and Wednesday from 11:00 a.m. to 12:00 p.m. and Saturday at 9:00 a.m. This 8-week program will teach participants the best ways to walk for wellness, provide instruction on exercise, nutrition, and meal planning! Sign up at the Warrior Fitness Center by October 15. For more information, call the fitness center or email katherine.purser@hill.af.mil or ashley.mitchell@hill.af.mil.



Ronnie Coleman, Eight Times Mr. Olympia Winner



PATH TO WELLNESS, OCTOBER 18 Do you want to learn how to meditate? Have you ever considered relaxation tapes to achieve better sleep? What about a desire to learn life management skills? Could you use some encouragement to live more in the moment? This class is for you! Join us at the fitness center from 11:00 a.m. to 12:00 p.m.