

The Miller Center Group Fitness

October Special Events & Highlights

Two New Instructors & Two New Classes! Bob & Sarah are both joining our team in October. Both Bob and Sarah are certified LesMills instructors. Sarah is certified in RPM® and Bob is certified in GRIT®. We are excited to be adding both of them to our team this schedule.

Dance & Zumba® Halloween Bash For a Cause! OCTOBER 13th:

Come Out & Support our Parkinson's Programming by Dancing for a Cause: Jess H, Valerie, Rebecca, Jen, Heather and Judi will be highlighting their classes on Court 1 from 9-11am. Cover charge of \$5 (please register ahead of time), all proceeds go to the Parkinson's Programming at the Miller Center. Basket Raffles, Giveaways, & Costume Contest (non-scary, please)! 15 minutes of each type of dance (8 total segments!).

***Combat® in Training:** Rebecca is still working on her certification, but why not practice with her: October 4th & October 18th 9:15am

Pilates Special with Jess H: October 15th & 29th @ 6:00pm in Room D&E

Zumba Gold®: Monday October 8th @ 9:15am

Tuesday Evening Cycle with Liz: October 9th & 23rd @ 6:30pm

