



# OCTOBER 2023

## CLASS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 12-1pm Youthify Face Club Workout	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> 5:30-6:30pm Youthify Face Club Workout	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> 10-11am Youthify Face Club Workout	<b>16</b>	<b>17</b> 5:30-6:30pm Youthify Face Club Workout	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> 11:30am-12:30pm Youthify Face Club Workout	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> 5:30-6:30pm Youthify Face Club Workout	<b>27</b>	<b>28</b>
<b>29</b> 10-11am Youthify Face Club Workout	<b>30</b>	<b>31</b> 5:30-6:30pm Youthify Face Club Workout				

NOTE: This calendar is subject to change. Revised calendars will be emailed.

Youthify Face Club Workout classes are complimentary for new Face Club members during the first 30 days of becoming a member. Upon course completion and/or after 30 days, members may join any workout class by signing up for the monthly subscription for unlimited classes (\$60 per month).

Sign up at: <https://tinyurl.com/mpc74skh>

