



COOPERTHON
OCTOBER 1-26

**Cooperthon
Challenge**



**Female Focus
Open House**



**Flu Shots
Available**



**Step It Up with
Group Exercise**



EVENTS

COOPERTHON

Step it up with the Cooperthon challenge, Oct. 1-26. Log your exercise minutes on the tracking form or use your Myzone® heart rate monitor and app to earn the Myzone Effort Points (MEPs). Reach the top and be awarded Athlete, High Performer or Elite status.

October 1-26

FLU SHOT CLINIC

Protect yourself and others by getting a flu vaccination. Cost: \$33 or \$57 for the high-dose vaccine (ages 65+). Register for an appointment at the Service Desk.

October 23 & 24 | 8-11 a.m. & 4-7 p.m. | CFC Lobby

FEMALE FOCUS OPEN HOUSE

Colette Cole, Professional Fitness Trainer

Offering individualized attention for health issues such as weight loss, heart disease and arthritis/fibromyalgia, Female Focus helps women achieve their goals in small group fitness classes. Try out the class and ask questions. Limited space is available.

Tuesday, October 16 | 1:50-2:50 p.m. | Aerobics Studio

STEP IT UP WITH GROUP EXERCISE

To help you meet the Cooperthon challenge, participate in heart-pumping group exercise classes such as the ones listed below. Class descriptions are available at cooperfitnesscenter.com or on the CFC Member App.

Boot Camp 2/3
October 8, noon-1 p.m.
Instructor: James Silvester
South Lawn

Dallas Dance Fit 1/2/3
October 9, 9-9:45 a.m.
Instructor: Alana O'Connell
Aerobics Studio

RIPPED 2/3
October 17, 6-7 p.m.
Instructor: Scotty Esquibel
Aerobics Studio

Indoor Cycle 1/2/3
October 25, 9-10 a.m.
Instructor: Lori Courrege
Cycle Studio



Register for events on the Cooper Quest web page, on the CFC Member App or at the Service Desk.