

5:30AM Monday Morning Body Step,  
Cancelled due to low attendance.

**BRAND NEW AQUA CLASS:** DEEP WATER EXPRESS was launched on Saturday, October 30th. Classes are offered on a variety of days and times. Pick up a new schedule today; find a class that works for you. Let us know what you think.

**ATTENTION MEMBERS:** Classes that average 9

participants or less are subject to change and/or cancellation.

**SUGGESTION BOX:** We want to hear from you. If you have a suggestion, please remember to include your name and phone number so that we can call you back.

Questions/Comments,  
Contact: [linda@exertec.com](mailto:linda@exertec.com)

## Check Out Our New Site!

Keep up-to-date on everything that happens at Exertec by becoming our fan on **Facebook** and following us on **Twitter**. You'll get swift notice of club happenings and events, notices, great information resources, plus contests and specials, just for our online friends. And while you are online, check out our completely redesigned website at [www.exertec.com](http://www.exertec.com). With so much available to you online, it's easier than ever to stay connected and informed.

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