



Try these fitness classes and support those who support us!

Fitness Calendar 2018

DATE/TIME	FITNESS STUDIO	CLASS	REGISTRATION/ COST INFO
SAT. OCT. 6 8:00 & 9:00 AM	Burn Boot Camp 1939 Black Rock Tpke. Fairfield (203) 505-8502	Boot Camp Class	FREE class - donations appreciated! No registration required. No class limit.
SAT., OCT. 6 2:30 - 3:30 PM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield (203) 659-0090	Club Pilates Reformer Flow Full-body, Reformer-based Pilates Our signature contemporary Reformer class will strengthen and lengthen your entire body.	\$25 a class Pre-registration required. Go to http://offers.clubpilates.com/fairfield-lp/pink-pledge-classes/ . Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
SUN. OCT. 7 12:00 PM	Bar Method Fairfield 85 Mill Plain Road, Ste. V Fairfield (203) 259-8825	Pink Bar Class	\$25 a class Register at fairfield.barmethod.com & click Pink Pledge class. Pre-registration required. Wear socks. Wear pink!
MON., OCT. 8 10:30 - 11:00 AM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	Total Body Conditioning A full body workout that will challenge your muscles, build strength and burn fat!	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
MON., OCT. 8 6:00 - 6:45 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	TONE with Rich A more challenging class that incorporates a variety of exercises & equipment to tighten & tone your body	\$25 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
TUES., OCT. 9 9:30 - 10:30 AM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	Yoga with Lili Class consists of form & flow with plenty of deep satisfying stretches.	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
WED., OCT. 10 1:00 - 1:30 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	BCS - Balance, Core, Strength This class works on balance & strength while incorporating the Barre technique.	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
WED., OCT. 10 6:00 - 6:45 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	TONE with Rich A more challenging class that incorporates a variety of exercises & equipment to tighten & tone your entire body	\$25 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
THURS., OCT. 11 9:30 - 10:30 AM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	Yoga with Robyn Plan on finding muscles you never knew you had while stretching and strengthening the ones you did.	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
THURS., OCT. 11	Black Rock Pilates 2889 Fairfield Ave. Bridgeport (203) 335-1987	Pilates Class 4 stations, 4 instructors	\$25 a class Register at blackrockpilates.com . Pre-class registration required.
FRI., OCT. 12 1:00 - 1:30 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	BCS - Balance, Core, Strength This class works on balance & strength while incorporating the Barre technique.	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
FRI., OCT. 12 5:30 PM	Black Rock Yoga 3065 Fairfield Ave. Bridgeport (203) 355-9888	Buddha Groove Yoga to live music.	\$20 a class Register at blackrockyogact.com

SAT., OCT. 13 9:30 - 10:30 AM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	Yoga with Steve Get deep with Steve, have fun & leave completely satisfied. Stretch, & strengthen those stagnant areas	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
SAT., OCT. 13 1:00 - 2:15 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	75 min. Yoga & Meditation Join Lili for a satisfying 1 hour yoga class and top it off with 15 minutes of quiet meditation.	\$20 a class Call (203) 212-3400 to register. 10 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
SAT., OCT. 13 2:30 - 3:30 PM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield (203) 659-0090	Club Pilates Reformer Flow Full-body, Reformer-based Pilates Our signature contemporary Reformer class will strengthen and lengthen your entire body.	\$25 (a class suggested donation) Pre-registration required. Go to http://offers.clubpilates.com/fairfield-lp/pink-pledge-classes/ . Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
SAT., OCT. 13 9:30 AM	SOSF CrossFit & Chiropractic 27 Halley Street Fairfield (203) 522-4121	Pink WOD (Workout of the Day) CrossFit challenge. Teams of 4.	\$35 a class Register on Facebook @CrossFitSOSF. Pre-registration required. Beginners welcome! 80 person max.
SUN., OCT 14 1:00 - 2:15 PM	Anytime Fitness 1838 Black Rock Tpke. Fairfield (203) 212-3400	Gentle Yoga & Intuitive Painting with Robyn Come relax & enjoy a gentle yoga class while expressing your mood on a canvas! Supplies provided.	\$30 a class Call (203) 212-3400 to register. 8 person max. No walk-ins. Do not need to be a member. No child care. Must be 13+ to register.
SUN., OCT 14 12:00 PM	Black Rock Yoga 3064 Fairfield Ave. Bridgeport (203) 355-9888	Basic Yoga - The Rock Beginner yoga class	\$20 a class Register at blackrockyogact.com
WED., OCT. 17 5:30 PM	Deeper Healing Yoga Park Ave. Medical Cntr West Pavilion 5520 Park Ave. 2Fl, #600 Trumbull	5 Gong Relaxation Session Heal the parasympathetic nervous system and melt stress away.	\$25 a class Register by emailing colleen@colleenreilly.com . 35 person max. Bring mat if you have one!
WED., OCT. 17 *raindate OCT. 24 9:30 - 10:30 AM	FIT4MOM SE Fairfield County Veteran's Park 909 Reef Road Fairfield	Strength in Motherhood Fitness Classes Flexible fitness program for moms with busy schedules.	\$10 a class Register at www.fit4mom.com . Wear pink! Fitness studio matching all donations!
SAT., OCT. 20 2:30 - 3:30 PM	Club Pilates 85 Mill Plain Rd. Sportsplex, Bldg. V Fairfield (203) 659-0090	Club Pilates Reformer Flow Full-body, Reformer-based Pilates Our signature contemporary Reformer class will strengthen and lengthen your entire body.	\$25 (a class suggested donation) Pre-registration required. Go to cpilates.co/free Donations collected by cash/check at studio. 12 person max. Please wear grip socks and PINK!
SAT., OCT. 20 7:00, 8:15 & 9:30 AM	F45 Training USA 919 Post Road Fairfield (203) 836-3266	Hollywood Goes Pink! with full body high intensity interval training circuits. Work out to music played by our live in-studio DJ!	\$20 a class Register by using the F45 app or call (203) 836-3484. Pre-registration required. 3 classes available!
FRI., OCT. 26 7:00 - 8:30 PM	Double Up Dance Studio 85 Mill Plain Road Sportsplex, Bldg. P Fairfield (203) 557-8971	Ladies Night Dance Party	Free class - donations appreciated! Register by using the Double Up Dance app or by going to www.doubleupdancestudio.com

100% of proceeds from these classes are donated to the Norma Pfriem Breast Center
For the most updated Pink Pledge Shop, Dine & Sweat calendars, go to PinkPledge.org



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