

October



The Ultimate Hand for Health

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Women's Strength **Co-ed #Pop Up Event @Women's Walk - Meet at McKinley Monument (bottom of steps)	Sunday Events October 4th – Runway Water Station Crew 6:30-10:30 AM October 11th – Pumpkins and Prosecco 2:00-4:00 PM		1 6:15 AM - Burn30*	2 7:00 AM - Burn30*	3 8:00 AM - Circuit +TRX** 9:15 AM – Tails & Trails
5 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – HER PACE	6 6:15 AM - Burn30* 5:30 PM - Strong30**	7 5:30 AM - Rise30* 7:00 AM - Burn 30*	8 6:15 AM - Burn30*	9 7:00 AM - Burn 30*	10 8:00 AM - Circuit +TRX**
12 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – HER PACE	13 6:15 AM - Burn30* 5:30 PM - Strong30**	14 5:30 AM - Rise30* 7:00 AM - Burn 30*	15 6:15 AM - Burn30* 6:00 PM – Pilates & Prosecco	16 7:00 AM - Burn 30*	17 8:00 AM - Circuit +TRX** 10:30 AM – Learn to Play Mahjong
5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – HER PACE	20 6:15 AM - Burn30* 5:30 PM - Strong30**	21 5:30 AM - Rise30* 7:00 AM - Burn 30*	22 6:15 AM - Burn30*	23 7:00 AM - Burn 30*	24 8:00 AM - Circuit +TRX** 9:00 AM – Let Talk About It: Menopause & Pelvic Floor Health 10:30 AM – Learn to Play Mahjong
26 5:30 AM – Rise30* 7:00 AM – Burn30* 5:30 PM – HER PACE	27 6:15 AM - Burn30* 5:30 PM - Strong30**	28 5:30 AM - Rise30* 7:00 AM - Burn 30*	29 6:15 AM - Burn30	30 7:00 AM - Burn 30*	31 8:00 AM - Circuit +TRX**