Hope your October is off to a Spooktacular start!

Here is what is happening in October in the Elmen Center:

1. **Calendar of Events (attached)**

2. Now that the Sept. dust has settled why not start thinking about taking care of yourself! We have the following Group Fitness classes just for you.

   A. Faculty/Staff Hydrofit is on Tuesday's @ 5:15pm
   B. Faculty/Staff Circuits is Mon. & Wed @ 12:15pm and on Thursday @ 5:15pm
   C. Faculty/Staff Fitness (zumba for Oct) is Wed. @ 5:15pm in the Back Alley
   D. Classes are FREE! Bring a friend and start today.
   E. Check out all of our group fitness classes!

3. **Visit** [www.augie.edu/rec](http://www.augie.edu/rec) for all of your Recreational Services Dept. events, schedules, hours and calendars
   A. If you would like a hard copy of our calendar just stop by or I can send you one.
   B. Please note that hours will be adjusted for Fall Break

4. **Intramurals** worth considering: Sign up has begun for...
   A. Co-Rec Walleyball 4 vs 4 Tournament
   B. Open Doubles Racquetball Tournament
   C. Open Waterfest (30 minutes of Water zumba followed by two 15 minute rotations of water fitness). Food and prizes!
   D. Oct. 4 sign up for Men's and Women's 3 on 3 basketball league
   E. Oct 18 sign up for Men's and Women's Indoor Volleyball league

5. **October Late Night Activities:**
   A. Saturday, Oct. 3 we have Late Night Rollerskating @ 10pm at Skate City (formerly Carousel Skate). Cost $3
   B. Saturday, Oct. 10 we have Late Night Carnival @ 10pm at the Elmen Center
   C. Saturday, Oct. 31 we have Late Night Haunted House @ 9pm at the Elmen Center

6. **Special events:**
   A. Waterfest is Thursday, Oct. 8 @ 9pm.
   B. Activities to include 30 minutes of water zumba followed by two 15 minute rotations of water fitness.
   C. Food and prizes.
   D. Don't worry about signing up - just come and enjoy the water!

7. **Outdoor Program Events:** (see attached calendar for more information)
   A. Bike around town. Meet in front of the commons on Oct. 6, 13, 20
   B. Black Hills Climbing and Hiking trip
   C. Rock climbing- outdoor and indoor
   D. For more information on these and other activities contact Shauna Maurer ([slmaurer15@ole.augie.edu](mailto:slmaurer15@ole.augie.edu))

Stay active, Stay Healthy!