



SEPTEMBER IS
NATIONAL
SUICIDE PREVENTION
AWARENESS MONTH

Brussels FMWR September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10000 Steps A Day Challenge September 1 - 30 @Fitness Center</p> <p>Tiny Art Show September 1 - 30 @Library</p>				<p>1 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p>	<p>2 Training Holiday Core and Hit 8:45AM @Fitness Center</p> <p>First Friday Fun 6PM @3 Star</p>	
4	<p>5 Labor Day Functional Fitness 9:15AM @Fitness Center</p> <p>Families Staying Fit 5:30PM @CYS</p>	<p>6 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p> <p>Book Club - Annual Social 11:30 @Library</p>	<p>7 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center</p> <p>StoryTime 3:30PM @Library</p>	<p>8 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p> <p>Home-school PE 1PM @CYS</p> <p>Makerspace 11AM @Library</p>	<p>9 Core and Hit 8:45AM @Fitness Center</p> <p>Karaoke Night 6PM @3 Star</p> <p>Parents Night Out 6PM @CYS</p>	<p>10 9/11 Memorial Climb 9AM @Fitness Center</p>
<p>11 Smorgasbord of Fun 11AM @Library</p>	<p>12 Functional Fitness 9:15AM @Fitness Center</p> <p>Families Staying Fit 5:30PM @CYS</p>	<p>13 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p>	<p>14 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center</p> <p>Lego Time 11AM @Library</p> <p>Parent Advisory Committee 5PM @CYS</p>	<p>15 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p> <p>Puzzlepalooza 11AM Smorgasbord of Fun 11AM @Library</p>	<p>16 Core and Hit 8:45AM @Fitness Center</p>	17
<p>18 Sunday StoryTime 1PM @Library</p>	<p>19 Functional Fitness 9:15AM @Fitness Center</p> <p>Families Staying Fit 5:30PM @CYS</p>	<p>20 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p>	<p>21 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center</p> <p>Puzzlepalooza 11AM @Library</p>	<p>22 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p> <p>Makerspace 11AM @Library</p>	<p>23 Core and Hit 8:45AM @Fitness Center</p> <p>Family Movie Night 6PM @CYS</p>	24
25	<p>26 Functional Fitness 9:15AM @Fitness Center</p> <p>Families Staying Fit 5:30PM @CYS</p>	<p>27 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p>	<p>28 Workout Wednesdays Functional Fitness 9:15AM @Fitness Center</p> <p>Lego Time 11AM @Library</p>	<p>29 Pump It Up 11AM Yoga 11:30AM @Fitness Center</p> <p>Puzzlepalooza 11AM @Library</p>	<p>30 Core and Hit 8:45AM @Fitness Center</p> <p>Trivia Night 6PM @3 Star</p>	

For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

