



1405 Foulk Rd, Ste. 201 ▪ Wilmington, DE
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NOVEMBER 2024 NEWS

**Hours: Mon-Thur 6am-7pm
Fri 6am-5pm & Sat 8am-12pm**

2024 Member Challenge:

The **final** challenge is to master a new exercise that has always been a personal challenge OR donate a toy to our Annual Toy Drive benefiting children in need in Delaware.

IF YOU MET or WILL MEET THE SIX REQUIREMENTS, PLEASE PUT YOUR NAME ON THE ORDER LIST NO LATER THAN NOVEMBER 9 to receive your sweatshirt before the end of this year.

By Nov. 9, please let BF Staff know if you are a candidate for the Member Challenge sweatshirt AND what size. Christina will order sweatshirts Nov. 11.

SALVATION ARMY TOY DRIVE:

Beyond Fifty Fitness Studio has teamed up again this year with The Salvation Army Toy Drive. The bin for toys will be delivered November 15 and remain until December 18. Please bring new, unwrapped toys for children ages 0-12 years and place them in the provided receptacle. Thank you in advance for giving generously to those less fortunate, it has been a rough time for all of us, but the young people need us most.

Calendar Events

- **NOV/DEC: Member Challenge:** See Below
- **NOV. 9:** LAST DAY to order your 2024 Member Challenge Sweatshirt
- **NOV. 15—DEC. 18:** Salvation Army Toy Drive; see details below
- **NOV. 28:** Thanksgiving Day: CLOSED
- **NOV. 29:** Special Club Hours 9am-5pm with NO CLASSES
- **NOV. 30:** Regular Hours 8am-12pm with NO CLASSES
- **DEC. 23-JAN. 1:** NO CLASSES Holiday Break
- **DEC. 24 & DEC. 25:** CLOSED Happy Holidays
- **DEC. 31 & JAN. 1:** CLOSED Happy Holidays

Beyond Fifty Fitness Fighters (BFFF)

THANK YOU Beyond Fifty Fitness Fighters in supporting the many fundraising events put forth by our staff and volunteers this year. A total of over **\$8200** was raised for the American Cancer Society! Way to Go!! This event could not have been possible without your generosity.

ELECTION DAY:

Please remember to respect the “NO TALK POLITICS” while at the Studio. This is a place to eliminate stress, not create it.

**In Person Class Sign-up Availability
Released Weekly by 10am on Saturday**