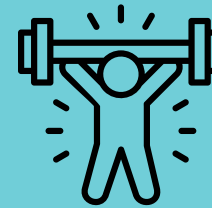




Theme: Functional Strength

August Schedule



CLASS KEY

- Beginner
- Intermediate
- Advanced
- Social Class
- Rotating

 Spirit Fridays: See back for details

Monday

9:00 am

Cardio Fusion

9:45 am

Functional Strength

10:30 am

Yoga 45

11:30 am

Ageless Grace Express

12:00 pm

Gentle Mobility

1:00 pm

Walk This Way

2:00 pm

Social Club

4:00 pm

Arms & Abs

5:00 pm

Stretch & Recovery

Tuesday

9:30 am

Cardio Blast Express

10:00 am

Full Body 45

11:00 am

Core Stability

12:00 pm

Tai Chi

1:00 pm

Upper Body Strength

2:00 pm

Fall Free® Balance

4:00 pm

Chair Pilates 45

5:00 pm

Strength & Cardio

Wednesday

9:00 am

Full Body Strength

9:45 am

Walk This Way

10:30 am

Lotus Tai Chi 45

11:30 am

Core Express

12:00 pm

Ageless Grace

1:00 pm

Cardio Mix 

2:00 pm

Mobility & Stability

4:00 pm

Club Connections 

5:00 pm

Full Body 45

6:00 pm

Stretch & Recovery Express

Thursday

9:30 am

Chair Aerobics Express

10:00 am

Full Body 45

11:00 am

Advanced Core

12:00 pm

Tai Chi

1:00 pm

Lower Body Strength

2:00 pm

Fall Free® Balance

4:00 pm

Pilates 45

5:00 pm

Strength & Cardio

Friday

9:00 am

Cardio Fusion

9:45 am

Advanced Strength

10:30 am

Chair Yoga 45

11:30 am

Ageless Grace Express

12:00 pm

Mobility Masters

1:00 pm

Walk This Way

2:00 pm

Brain Games

4:00 pm

Legs & Abs

5:00 pm

Stretch & Recovery

Club Connections Part. 1

Wednesdays @ 4 PM ET

AUG
05

Connect Event: Superhero Strength

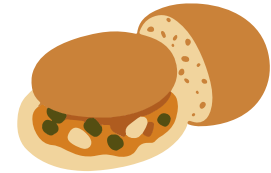
This action-packed class is designed to build real world strength, balance and endurance needed to conquer your daily missions through superhero themed movements.



AUG
12

Cooking Club: Lentil Sloppy Joes + Coleslaw

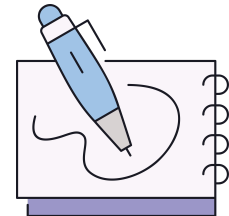
Join Coach Merilin as she puts a plant-based spin on a childhood classic! These meatless Sloppy Joes are packed with flavor and protein and topped off with an easy coleslaw.



AUG
19

Art Club: Seashell Drawing

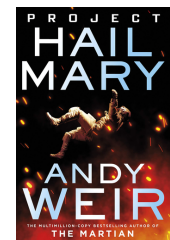
Learn to draw a seashell and recall the memories of the beach all in one drawing. Coach Merilin will guide you step-by-step in drawing the shells intricate details bringing your design to life.



AUG
26

Book Club: Project Hail Mary by Andy Weir

A novel about Ryland Grace, a middle school science teacher who wakes up on a spaceship with amnesia, tasked with a mission to save Earth from a sun-dimming microorganism called "Astrophage" with an alien, Rocky.



Club Connections Part. 2



Social Club



Mondays @ 2 PM ET

- 8/3 Member Orientation
- 8/10 Strength Training Benefits
- 8/17 Favorite Superhero
- 8/24 Eating for Strong Muscles
- 8/31 Influential person in your life



Brain Games



Fridays @ 2 PM ET

- 8/7 BINGO
- 8/14 Memory in Motion
- 8/21 Jeopardy
- 8/28 Animal Safari Trivia

Cardio Mix

Wednesdays @ 2 PM ET

- 8/5 Move & Groove
- 8/12 Cardio Drumming
- 8/19 Move & Groove
- 8/26 Line Dancing



Spirit Fridays



Fridays @ 2 PM ET

- 8/7 Hawaiian Print
- 8/14 Favorite Superhero Shirt
- 8/21 Neon
- 8/28 Animal Print