

Theme: Functional Strength

August Schedule

 Spirit Fridays: See back for details

CLASS KEY

- Beginner
- ◐ Intermediate
- Advanced
- ♥ Social Class
- ↻ Rotating Class

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

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05

Connect Event: Superhero Strength

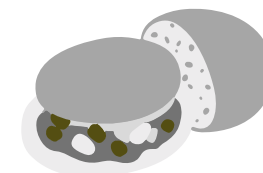
This action-packed class is designed to build real world strength, balance and endurance needed to conquer your daily missions through superhero themed movements.



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Cooking Club: Lentil Sloppy Joes + Coleslaw

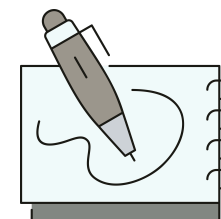
Join Coach Merilin as she puts a plant-based spin on a childhood classic! These meatless Sloppy Joes are packed with flavor and protein and topped off with an easy coleslaw.



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Art Club: Seashell Drawing

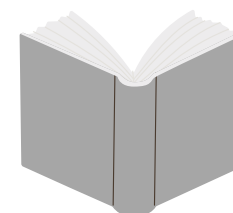
Learn to draw a seashell and recall the memories of the beach all in one drawing. Coach Merilin will guide you step-by-step in drawing the shells intricate details bringing your design to life.



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