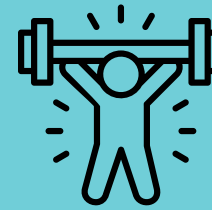




Theme: Functional Strength

August Schedule



CLASS KEY

- Beginner
- Intermediate
- Advanced
- Social Class
- Rotating

 Spirit Fridays: See back for details

Monday

6:00 am
Cardio Fusion

6:45 am
Functional Strength

7:30 am
Yoga 45

8:30 am
Ageless Grace
Express

9:00 am
Gentle Mobility

10:00 am
Walk This Way

11:00 am
Social Club

1:00 pm
Arms & Abs

2:00 pm
Stretch & Recovery

Tuesday

6:30 am
Cardio Blast Express

7:00 am
Full Body 45

8:00 am
Core Stability

9:00 am
Tai Chi

10:00 am
Upper Body Strength

11:00 am
Fall Free® Balance

1:00 pm
Chair Pilates 45

2:00 pm
Strength & Cardio

Wednesday

6:00 am
Full Body Strength

6:45 am
Walk This Way

7:30 am
Lotus Tai Chi 45

8:30 am
Core Express

9:00 am
Ageless Grace

10:00 am
Cardio Mix 

11:00 am
Mobility & Stability

 **1:00 pm**
Club Connections 

2:00 pm
Full Body 45

3:00 pm
Stretch &
Recovery Express

Thursday

6:30 am
Chair Aerobics Express

7:00 am
Full Body 45

8:00 am
Advanced Core

9:00 am
Tai Chi

10:00 am
Lower Body Strength

11:00 am
Fall Free® Balance

1:00 pm
Pilates 45

2:00 pm
Strength & Cardio

Friday

6:00 am
Cardio Fusion

6:45 am
Advanced Strength

7:30 am
Chair Yoga 45

8:30 am
Ageless Grace
Express

9:00 am
Mobility Masters

10:00 am
Walk This Way

11:00 am
Brain Games

1:00 pm
Legs & Abs

2:00 pm
Stretch & Recovery

Club Connections Part. 1

Wednesdays @ 1 PM PT

AUG
05

Connect Event: Superhero Strength

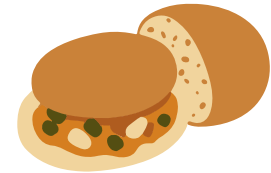
This action-packed class is designed to build real world strength, balance and endurance needed to conquer your daily missions through superhero themed movements.



AUG
12

Cooking Club: Lentil Sloppy Joes + Coleslaw

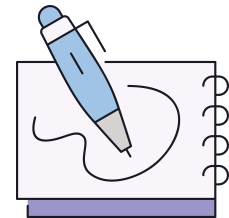
Join Coach Merilin as she puts a plant-based spin on a childhood classic! These meatless Sloppy Joes are packed with flavor and protein and topped off with an easy coleslaw.



AUG
19

Art Club: Seashell Drawing

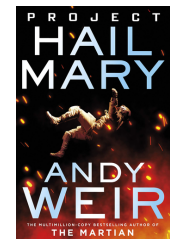
Learn to draw a seashell and recall the memories of the beach all in one drawing. Coach Merilin will guide you step-by-step in drawing the shells intricate details bringing your design to life.



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 @ 11 AM PT

- 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 @ 11 AM PT

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

Cardio Mix

Wednesdays @ 10 AM PT

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



Spirit Fridays



Fridays @ 11 AM PT

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