



Theme: Better Balance

September Schedule

 Spirit Fridays: Sport Shirts

CLASS KEY

-  Beginner
-  Intermediate
-  Advanced
-  Social Class
-  Rotating

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

Wednesdays @ 4 PM ET

SEP
02

Connect Event: All-in-One Balance Focus

Join us for our All-in-One Balance Focus class! We will target all areas of balance from core strength, stability, coordination, and reaction times using real day-to-day activities.



SEP
09

Cooking Club: Baked Pumpkin Oat Bars

Bursting with warm flavors of cinnamon and seasonal pumpkin, these bars are packed with fiber, protein, and nutrients to keep you satisfied throughout the morning.



SEP
16

Art Club: Fall Yarn & Bean Balls

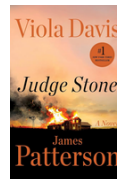
Learn to make beautiful decorative balls for your home! Using simple items like yarn, beans, and a balloon turns these simple items into a fun, fall centerpiece!



SEP
23

Book Club: Judge Stone by Viola Davis & James Patterson

A thriller novel, featuring a female judge in rural Alabama presiding over a controversial case that tests her commitment to justice and exposes deep-seated town secrets.



SEP
30

Connect Event: Barre for Balance

Join us for this low-impact workout that utilizes ballet-inspired isometric movements to strengthen the core, hips, and stabilizer muscles around your joints.



Social Club



Mondays @ 2 PM ET

- 9/7 Labor Day (No Class)
- 9/14 Member Orientation
- 9/21 Assistive Device Checklist + Community Safety
- 9/28 Home Safety Checklist



Brain Games



Fridays @ 2 PM ET

- 9/4 BINGO
- 9/11 Memory in Motion
- 9/18 Jeopardy
- 9/25 Fall Prevention Trivia

Cardio Mix

- 9/2 Move & Groove
- 9/9 Cardio Drumming
- 9/16 Move & Groove
- 9/23 Line Dancing
- 9/30 Move & Groove