



Theme: Better Balance

September Schedule



Spirit Fridays: Sport Shirts

CLASS KEY

- Beginner
- Intermediate
- Advanced
- Social Class
- Rotating

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

Wednesdays @ 1 PM PT

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

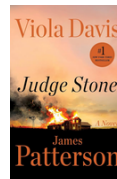
Learn to make beautiful decorative balls for your home! Using simple items like yarn, beans, and a balloon turns these simple items into a fun, fall centerpiece!



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 @ 11 AM PT

- 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 @ 11 AM PT

- 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