

Theme: Better Balance

September Schedule



Spirit Fridays: Sport Shirts

CLASS KEY

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

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

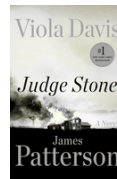
Learn to make beautiful decorative balls for your home! Using simple items like yarn, beans, and a balloon turns these simple items into a fun, fall centerpiece!



**SEP
23**

Book Club: Judge Stone by Viola Davis & James Patterson

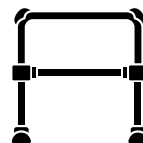
A thriller novel, featuring a female judge in rural Alabama presiding over a controversial case that tests her commitment to justice and exposes deep-seated town secrets.



**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**