



November Schedule

Theme: **Gratitude in Motion**

Spirit Fridays



11/6

Cozy Sweater



11/13

Fall Colors



11/20

Flannel



11/27

Fall Hat

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 am
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 am
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 am
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

NOV

04

Connect Event: Walking Tai Chi

Join Coach Merlin in a Tai Chi inspired Walk that will help improve endurance, balance, and increase your daily step count! Walk to a series of Tai Chi inspired movements that are gentle on the joints and great for coordination.

NOV

11

Cooking Club: Cottage Cheese Cinnamon Rolls

Join Coach Merlin this month for quick, high-protein Cottage Cheese Cinnamon Rolls! No rise time needed—perfect for breakfast, dessert, or a sweet treat anytime.



NOV

18

Art Club: Orange & Clove Pomanders

Learn how easy it is to make your own orange and clove pomanders. This simple craft is made with things found right in your kitchen and is sure to make your home smell great!



NOV

25

Book Club: A Killing Cold

This month, we're reading A Killing Cold by Kate Alice Marshall. When Theo discovers a childhood photo of herself at her fiancé's isolated family retreat, she realizes someone is hiding a dark secret and uncovering the truth could cost her everything.



Social Club

**Mondays @
2 PM ET**

11/2 Member Orientation

11/9 Body Love Yoga

11/16 Walk & Note

11/23 Grounding Tai Chi

11/30 Mindful Breath

Cardio Mix

**Wednesday @
1 PM ET**

11/4 Move & Groove

11/11 Cardio Drumming

11/18 Move & Groove

11/25 Line Dancing

Brain Games

**Fridays @
2 PM ET**

11/6 Bingo

11/13 Memory In Motion

11/20 Fall Jeopardy

NOV

26

Thanksgiving Day

No Class on Thursday

NOV

27

**TURKEY
BURN**

Burn off your Thanksgiving feast with a fun, festive workout!

ET