



# 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 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**

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.

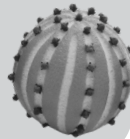


NOV

**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 @  
11 AM PT**

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 @  
10 AM PT**

11/4 Move & Groove

11/11 Cardio Drumming

11/18 Move & Groove

11/25 Line Dancing

## Brain Games

**Fridays @  
11 AM PT**

11/6 Bingo

11/13 Memory In Motion

11/20 Fall Jeopardy

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**26**

## Thanksgiving Day

**No Class on Thursday**

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**27**

# TURKEY BURN

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

PT