



October Schedule

Theme: **Fit for Fall** 



Spirit Fridays

Orange

Class Key

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

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

**OCT
07**

Connect Event: Fun & Fit All-in-One

Get ready to smile, sweat and move your body in this All-in-One workout! Follow along as we mix our top three fitness classes; Ageless Grace, Core Stability, and Gentle Mobility into one great routine.

**OCT
14**

Cooking Club: Lasagna Soup

Cooler weather calls for cozy meals. This month, enjoy a fun twist on an old favorite: lasagna soup! This easy one-pot recipe gives you all the classic flavors with no baking or layering needed.



**OCT
21**

Art Club: Foraged Leaf Wreath

Join Coach Merilin as she teaches you to create a seasonal wreath using foraged leaves! Learn how to preserve, arrange and secure natural leaves creating a one-of-a-kind statement piece for your front door.



**OCT
28**

Book Club: The Silent Patient

This month, we're reading *The Silent Patient* by Alex Michaelides. The story follows Alicia Berenson, a famous painter who shoots her husband and then stops speaking. Criminal psychotherapist Theo Faber becomes determined to uncover why and what really happened that night.



Social Club

**Mondays @
2 PM ET**

10/5 Member Orientation

10/12 Fitness across Decades

10/19 Overcoming Challenges

10/26 Halloween Memory Recall

Cardio Mix

**Wednesday @
1 PM ET**

10/7 Move & Groove

10/14 Cardio Drumming

10/21 Move & Groove

10/28 Line Dancing

Brain Games

**Fridays @
2 PM ET**

10/2 BINGO

10/9 Memory in Motion

10/16 Jeopardy

10/23 Trivia: History of Fitness

10/30 Price is Right Halloween

**OCT
30**

All Day

Boo Bash!



Join us for our annual Boo Bash! Enjoy your favorite classes with spooky moves, festive music, and Halloween fun. Costumes encouraged!

ET