



October Schedule

Theme: **Fit for Fall** 



Spirit Fridays

Orange

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

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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.

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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.



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Art Club: Foraged Leaf Wreath

Join Coach Merlin 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.



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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 @
11 AM PT

- 10/5 Member Orientation
- 10/12 Fitness across Decades
- 10/19 Overcoming Challenges
- 10/26 Halloween Memory Recall

Cardio Mix

Wednesday @
10 AM PT

- 10/7 Move & Groove
- 10/14 Cardio Drumming
- 10/21 Move & Groove
- 10/28 Line Dancing

Brain Games

Fridays @
11 AM PT

- 10/2 BINGO
- 10/9 Memory in Motion
- 10/16 Jeopardy
- 10/23 Trivia: History of Fitness
- 10/30 Price is Right Halloween

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30

All Day



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

PT