



October Schedule

Theme: **Fit for Fall** 



Spirit Fridays

Orange

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

**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 @
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

**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!

PT