

SUN	MON	TUE	WED	THUR	FRI	SAT
KEY WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor 🍷 - Club 📌 - Registration Required					Diwali 8:30 Elite Hands & Feet W/ Maria (WC) 1 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) 🍷 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) 🍷	9:00 Functional Fitness W/Maria (WC1FL) 2 9:45 MOVE with Maria (WC)
Daylight Savings Time Ends 3	9:15 Silver Sneakers Circuit (WC1FL) 4 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 5 9:15 *Chair Pilates with Natalie (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 6 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 7 9:30 Nature Walk: Into The Woods (Arboretum: Meet in the Classic Lobby) 📌 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 8 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) 🍷 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) 🍷	9:00 Functional Fitness W/Maria (WC1FL) 9 9:45 MOVE with Maria (WC)
10	Veterans Day 9:15 Silver Sneakers Circuit (WC1FL) 11 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 2:00 NEW TIME: Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 12 9:15 *Chair Pilates with Natalie (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 13 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 14 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 15 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) 🍷 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) 🍷	16
17	9:15 Silver Sneakers Circuit (WC1FL) 18 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 12:30 Wellness Center Orientation (WC1FL) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 19 9:15 *Chair Pilates with Natalie (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 20 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 21 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet W/ Maria (WC) 22 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) 🍷 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) 🍷 2:00 4th Annual Turkey Trot (WC1FL) 📌	9:00 Functional Fitness W/Maria (WC1FL) 23 9:45 MOVE with Maria (WC)
24	9:15 Silver Sneakers Circuit (WC1FL) 25 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 26 9:15 *Chair Pilates with Natalie (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 3:00 Intermediate Balance (WC)	9:15 Silver Sneakers Circuit (WC1FL) 27 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	Thanksgiving 28	8:30 Elite Hands & Feet W/ Maria (WC) 29 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) 🍷 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) 🍷	9:00 Functional Fitness W/Maria (WC1FL) 30 9:45 MOVE with Maria (WC)

November 2024

Fitness

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