

SUN	MON	TUE	WED	THUR	FRI	SAT
				9:00 Mindful Moves with Meg (F) 1 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F) 6:30 BOCCE (C)	7:30 Muscle Up (F) 2 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F)	5:00 Cardio 3 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool 11:00 Ping Pong (HL)
5:00 Cardio 4 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool	7:30 Muscle Up (F) 5 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 Relax & Recharge (T) 3:00 Mind Aerobics (MR)	9:00 Yoga with Janice (F) 6 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F) 6:30 BOCCE (C)	7:30 Muscle Up (F) 7 9:00 Muscle & Balance (F) 10:00 Move n' groove with Marjo (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 WIGGLE your fingers with Marjo (F)	9:00 Mindful Moves with Meg (F) 8 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F)	7:30 Muscle Up (F) 9 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F)	5:00 Cardio 10 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool 11:00 Ping Pong (HL)
5:00 Cardio 11 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool	7:30 Muscle Up (F) 12 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 Relax & Recharge (T) 3:00 Mind Aerobics (MR)	9:00 Yoga with Janice (F) 13 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F) 6:30 BOCCE (C)	7:30 Muscle Up (F) 14 9:00 Muscle & Balance (F) 10:00 Move n' groove with Marjo (F) 10:00 Vaccine Clinic (C) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 WIGGLE your fingers with Marjo (F)	9:00 Mindful Moves with Meg (F) 15 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F)	7:30 Muscle Up (F) 16 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F)	5:00 Cardio 17 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool 11:00 Ping Pong (HL)
5:00 Cardio 18 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool	7:30 Muscle Up (F) 19 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 Relax & Recharge (T) 3:00 Mind Aerobics (MR)	9:00 Yoga with Janice (F) 20 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F) 6:30 BOCCE (C)	7:30 Muscle Up (F) 21 9:00 Muscle & Balance (F) 10:00 Move n' groove with Marjo (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 WIGGLE your fingers with Marjo (F)	9:00 Mindful Moves with Meg (F) 22 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F)	7:30 Muscle Up (F) 23 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F)	5:00 Cardio 24 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool 11:00 Ping Pong (HL)
5:00 Cardio 25 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool	7:30 Muscle Up (F) 26 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 Relax & Recharge (T) 3:00 Mind Aerobics (MR)	9:00 Yoga with Janice (F) 27 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F)	7:30 Muscle Up (F) 28 9:00 Muscle & Balance (F) 10:00 Move n' groove with Marjo (F) 10:00 Vaccine Clinic (C) 11:00 Power in the Chair (F) 1:00 Ping Pong (HL) 1:15 WIGGLE your fingers with Marjo (F)	9:00 Mindful Moves with Meg (F) 29 10:00 Sit & Be Fit with Marjo (F) 10:00 THaN Aqua Aerobics (P) 11:00 AHBH Aqua Aerobics (P) 11:00 Stretch & Breathe (F) 1:15 Balance Class (F)	7:30 Muscle Up (F) 30 9:00 Muscle & Balance (F) 10:00 Move n' groove with Meg (F) 11:00 Power in the Chair (F)	5:00 Cardio 31 Room Open All Day 5:00 Strength Training Room Open All Day 7:00 Swimming Pool 11:00 Ping Pong (HL)

October 2026

Meg - LE Fitness Coordinator 603-821-1226