

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	2 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15 Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	3 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	4 8:00am Tai Chi at Lakeside Pavillion
5	6 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	7 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15 Beginner Science of Stretching 5:30pm Tai Chi	8 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	9 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15 Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	10 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	11 8:00am Tai Chi at Lakeside Pavillion
12 <u>Fitness Room Hours:</u> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	13 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	14 8:30am Intro to exercise 9:00am SS Yoga 5:30pm Tai Chi	15 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30 Computer Literacy *5:15pm TRX Adaptive Hike at Lakeside Park 10am-3pm	16 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 5:30pm Power Hour 6:45pm Trim & Tone*	17 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	18 8:00am Tai Chi at Lakeside Pavillion
19	20 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	21 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	22 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	23 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	24 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	25 8:00am Tai Chi at Lakeside Pavillion
26 ***8:30am Intro to exercise class offered in place of Aquacise classes, currently. When the pool reopens the intro to exercise will switch back over to Aquacise.***	27 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	28 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	29 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	30 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	31 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	*Tai chi at Pavilion offered on Saturdays when temperatures are 60 or above