



# ACTIVE ADULTS 55+ OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mat Pilates Chair Yoga Bingo	2	3 Circuit Workout Nature Walk
6 Water Aerobics Arts & Crafts	7 Chair Strength Zumba Gold Book Club	8 Mat Pilates Chair Yoga Bingo	9	10 Circuit Workout Nature Walk
13 Water Aerobics Arts & Crafts	14 Chair Strength Zumba Gold Book Club	15 Mat Pilates Chair Yoga Bingo	16	17 Circuit Workout Nature Walk
20 Water Aerobics Arts & Crafts	21 Chair Strength Zumba Gold Book Club	22 Mat Pilates Chair Yoga Bingo	23	24 Nature Walk Field Trip
27 Water Aerobics Arts & Crafts	28 Chair Strength Zumba Gold Book Club	29 Mat Pilates Chair Yoga Bingo	30	31 Costume Party Dance Workout

## Weekly Fitness Classes!!!

***Mondays:  
Water Aerobics TBD***

***Tuesdays:  
9 AM Chair Strength  
10 AM Zumba Gold***

***Wednesdays:  
10 AM Mat Pilates  
11 AM Chair Yoga***

***Fridays:  
10:30 AM Circuit Workout***



**Costume Themed  
Dance Workout  
Party!!!  
11AM on 10/31!!!**