

SEPTEMBER 2025

>Classes in RED will be held at the Lakeside Essence Lounge.
 >Classes in BLUE will be held at the Oakside Group Exercise Room
 >Meditation held in the Chapel.

SATURDAY 10 AM TAI CHI-Back to basics

** Please check calendar for any cancellation's*

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO CLASSES Happy Labor Day NO CLASSES Happy Labor Day	2 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	3 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	4 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit	5 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
8 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	9 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	10 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	11 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit	12 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
15 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	16 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	17 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	18 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit	19 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
22 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy COMBO YOGA CANCELLED	23 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	24 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	25 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit	26 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
29 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	30 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	***** <div style="text-align: center;"> SATURDAY 10 AM TAI CHI - Back to basics With Roy Moore Oakside Group Exercise Room </div> *****		

