

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY C - Community Room WR - Wellness Room			9:00 AM Kickin it with Kelly (WR) 1 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR) 3:30 PM Musical Guest: Michael Gruber (C)	1:00 PM Chair Yoga (WR) 2 2:00 PM Lets get physical with Cardio Drumming (WR) 2:45 PM Rock Steady Boxing/Parkinsons Group (Therapy Room)	9:00 AM Kickin it with Kelly (WR) 3 11:30 AM Fit Circuit (WR) 2:00 PM Balance Class (WR) 3:00 PM Balance Class (WR)	4
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October 2025

Wellness Calendar