

Sunday	Monday	Tuesday	October 2025 Wednesday	Thursday	Friday	Saturday
Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 330pm- 5pm	Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	CLOSED	1 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	2 TurboKick (HIIT) 10am-11am Ubuntu Dancers 4pm- 5:30pm	3 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm Erwin Angola 630pm- 8pm	4 Emotional Emancipation Circles 10am- 1130am Luv Connection Sound Bath 4pm
5 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Ubuntu Dancers 2pm- 3pm Young Free Lives Capoeira 330pm- 5pm	6 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	7 Neschelle Filming Session 12pm- 2pm	8 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	9 TurboKick (HIIT) 10am-11am Ubuntu Dancers 4pm- 5:30pm	10 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm Erwin Angola 630pm- 8pm	11 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm *Tarot Card Game with Crystal Doors open at 630pm!
12 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Ubuntu Dancers 2pm- 3pm Unity Project Movement Session 3pm- 6pm	13 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	14 Mens Group Reservation Only 6pm- 730pm	15 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	16 TurboKick (HIIT) 10am-11am Ubuntu Dancers 4pm- 5:30pm	17 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm Erwin Angola 630pm- 8pm	18 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm
19 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Ubuntu Dancers 2pm- 3pm Young Free Lives Capoeira 330pm- 5pm	20 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	21 CLOSED	22 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	23 TurboKick (HIIT) 10am-11am Ubuntu Dancers 4pm- 5:30pm	24 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm Erwin Angola 630pm- 8pm	25 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm
26 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Ubuntu Dancers 2pm- 3pm Young Free Lives Capoeira 330pm- 5pm	27 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	28 Mens Group Reservation Only 6pm- 730pm	29 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	30 TurboKick (HIIT) 10am-11am Ubuntu Dancers 4pm- 5:30pm Chi Town Steppin 6pm-7pm	31 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm Erwin Angola 630pm- 8pm	