

Sunday	Monday	Tuesday	SEPTEMBER 2025 Wednesday	Thursday	Friday	Saturday
Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 3pm- 5pm	1 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	2 CLOSED	3 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	4 TurboKick (HIIT) 10am-11am	5 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	6 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm
7 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 3pm- 5pm	8 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	9 Mens Group Reservation Only 6pm- 730pm	10 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	11 TurboKick (HIIT) 10am-11am	12 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	13 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm
14 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 3pm- 5pm *Tarot Card Game with Crystal Doors open at 530pm!	15 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	16 CLOSED	17 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	18 TurboKick (HIIT) 10am-11am	19 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	20 Emotional Emancipation Circles 10am- 1130am Luv Connection 2pm- 6pm
21 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 3pm- 5pm	22 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	23 Mens Group Reservation Only 6pm- 730pm	24 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	25 TurboKick (HIIT) 10am-11am Chi Town Steppin 6pm-7pm	26 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	27 Balanced Blueprint Presented by: Miya Cymone & NUTRISCHELLE 11am- 1pm Luv Connection 2pm- 6pm
28 Torus Yoga by Shelton 9am-10am Luv Connection 10am-2pm Young Free Lives Capoeira 3pm- 5pm	29 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Luv Connection 2pm- 6pm	30 CLOSED				