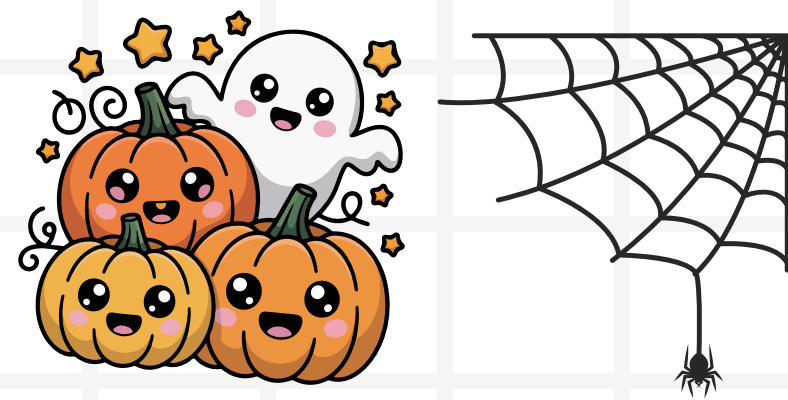




# October 2026 Fitness



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|--------|--------|---------|-----------|----------|--------|----------|

|                         |                         |  |                      |                                    |  |                                 |
|-------------------------|-------------------------|--|----------------------|------------------------------------|--|---------------------------------|
|                         |                         |  |                      |                                    |  |                                 |
|                         |                         |  |                      |                                    |  |                                 |
| Yoga Class 4<br>8:30am  | Pilates 5<br>9am        |  | Chair Yoga 7<br>9am  | Light weights with Demet 1<br>9am  |  | LaBlast Aqua 3<br>Fitness 10am  |
| Yoga Class 11<br>8:30am | Pilates 12<br>9am       |  | Chair Yoga 14<br>9am | Light weights with Demet 8<br>9am  |  | LaBlast Aqua 10<br>Fitness 10am |
| Yoga Class 18<br>8:30am | Pilates 19<br>9am       |  | Chair Yoga 21<br>9am | Light weights with Demet 15<br>9am |  | LaBlast Aqua 17<br>Fitness 10am |
| Yoga Class 25<br>8:30am | Pilates 26<br>9am       |  | Chair Yoga 28<br>9am | Light weights with Demet 22<br>9am |  | LaBlast Aqua 24<br>Fitness 10am |
|                         | Sound Bath 26<br>6:30pm |  |                      | Light weights with Demet 29<br>9am |  | LaBlast Aqua 31<br>Fitness 10am |

Aqua Fit  
Monday - Thursday  
10am

HAPPY HALLOWEEN