

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
CLOSED			Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1 - 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BUNCO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1 - 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BINGO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1 - 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am PINOCHLE - 1- 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1 - 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM Tai Chi 2 - 3 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED