ACTIVE LIVING CENTER
CLASS SCHEDULE

HOURS OF OPERATION: Monday through Friday 8AM-2PM

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Live Fit 9:00a-9:45a Danielle/Crystal Room: Active Living Center	**Silver Strength** 9:00a - 9:45a Nikki Room: Active Living Center	**Live Fit** 9:00a-9:45a Mike Room: Active Living Center	**Silver Strength** 9:00a – 9:45a Nikki Room: Active Living Center	**Live Fit** 9:00a-9:45a Nikki Room: Active Living Center
Strength in Balance 10:00a-10:45a Lynne Room: Active Living Center	**Strength Exercise of the Month/Workout Design** **September 13, 20, 27** 10a – 11:00a Paul Room: Active Living Center	**Chair Yoga** 10:25a - 11:15a Mary Ann Room: Studio 3	**Silver Spinners** **10a - 10:45a** Pam Room: Studio 2/Spin Studio	**Strength in Balance** 10:15a-11:00a Marcy Room: Active Living Center
Enhanced Fitness 11:15a - 12:00p Mike Room: Studio 3	**Tai Chi** 11:15a - 12:15p Kathy Room: Studio 3	**Enhanced Fitness** 11:15a - 12:00p Crystal Room: Studio 3	**Tai Chi** 11:15a - 12:15p Kathy Room: Studio 3	**Enhanced Fitness** 11:15a - 12:00p Lynne Room: Active Living Center
Beginner Tai Chi 12:15p - 1pm Sharon Room: Studio 3		**Ageless** 12:30p - 1:15p Dawn Room: Studio 3	**Food Journal Workshop** Noon – 12:45 p 10/22 Paul in Active Living Center	