

# OCT 2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

Adapted  
Yoga 6:30pm

Adapted Water  
Fitness  
5:30pm

Adapted  
Dance 12  
noon

05

06

07

08

09

10

11

Adapted  
Strength and  
Conditioning  
5:30pm

Adapted  
Pickleball  
4pm

Adapted  
Yoga 6:30pm

Adapted Water  
Fitness  
5:30pm

Adapted  
Dance 12  
noon

12

13

14

15

16

17

18

Adapted  
Strength and  
Conditioning  
5:30pm

Adapted  
Pickleball  
4pm

Adapted  
Yoga 6:30pm

Adapted Water  
Fitness  
5:30pm

Adapted  
Dance 12  
noon

19

20

21

22

23

24

25

Adapted  
Strength and  
Conditioning  
5:30pm

Adapted  
Pickleball  
4pm

Adapted  
Yoga 6:30pm

Adapted Water  
Fitness  
5:30pm

Adapted  
Dance 12  
noon

26

27

28

29

30

31

Adapted  
Strength and  
Conditioning  
5:30pm

Adapted  
Pickleball  
4pm

Adapted  
Yoga 6:30pm

Happy  
Halloween-  
No Class