

October

2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball 2:30 Water Activity	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics 2:00 Cardio/Balance W/Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Bean Bag Baseball 2:00 Wii Bowling	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 10:00 Bean Bag Baseball 1:00 Yoga W/Laurie 2:00 Walking Club	
5	6	7	8	9	10	11
10:00 Cardio/Balance	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball 2:30 Water Activity	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics 2:00 Cardio/Balance W/Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Bean Bag Baseball 2:00 Wii Bowling	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 10:00 Bean Bag Baseball 1:00 Yoga W/Laurie 2:00 Walking Club	
12	13	14	15	16	17	18
10:00 Cardio/Balance	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball 2:30 Water Activity	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics 2:00 Cardio/Balance W/Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Bean Bag Baseball 2:00 Wii Bowling	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 10:00 Bean Bag Baseball 1:00 Yoga W/Laurie 2:00 Walking Club	
19	20	21	22	23	24	25
10:00 Cardio/Balance	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball 2:30 Water Activity	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Tai-Chi W/Mitch 1:00 Water Aerobics 2:00 Cardio/Balance W/Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 11:00 Sit and Lift 1:00 Bean Bag Baseball 2:00 Wii Bowling	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 11:00 Water Activity 1:30 Sit and Lift	7:00 Everfit Open gym 8:00 Gym Equip. Training 9:00 Walking W/Lodge 10:00 Bean Bag Baseball 1:00 Yoga W/Laurie 2:00 Walking Club	
26	27	28	29	30	31	
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