


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>THE SPIRES AT BERRY COLLEGE</p>		HEALTH OLYMPICS 1 8:30 Water Aerobics – Lee	HEALTH OLYMPICS 2 8:30 Water Aerobics – Lee ROSH HASHANAH BEGINS	HEALTH OLYMPICS 3 8:30 Water Aerobics – Lee	HEALTH OLYMPICS 4 1:30-2:30 60-MINUTE CARDIO DRUMMING CLASS	10:00 Walking Club 5 1:00 Full Body Strength Training – Jen 2:00 Practical Yoga & Pilates 2:45 Sittercize	
	9:00 Step Aerobics 6 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:00 Upper Body 7 Strength Training – Jen 10:00 Chair Yoga – Jen 11:15 Assisted Living – Jen 1:30 Cardio Drumming – Jen 2:15 Sittercize - Jen	8:30 Water Aerobics – Lee 8 9:00-11:00 Pickleball 9:00 Lower Body Strength Training – Jen 9:45 Stretch 2 – Jen 10:30 Cardio Drumming – Jen 11:30 Memory Care – Liz 1:30 Balance – Jen 2:00 Stretch 1 – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 9 9:00 Circuit City – Jen 10:00 Practical Yoga & Pilates – Jen 11:15-12:15 AL & SN – Jen 1:30 Upper Body Strength Training – Jen 2:15 Sittercize – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 10 9:00-11:00 Pickleball 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Liz 1:30 Lower Body Strength Training - Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen	9:00 Tabata – Liz 11 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30-3:00 SHOOT SOME BASKETBALL HOOPS W/THE FITNESS GALS ON BERRY CAMPUS! YOM KIPPUR BEGINS	10:00 Walking Club 12
	9:00 Step Aerobics 13 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird HAPPY BIRTHDAY! US NAVY	9:00 Upper Body 14 Strength Training – Jen 10:00 Chair Yoga – Jen 11:15 Assisted Living – Jen 1:30 Cardio Drumming – Jen 2:15 Sittercize - Jen COLUMBUS DAY INDIGENOUS PEOPLES' DAY	8:30 Water Aerobics – Lee 15 9:00-11:00 Pickleball 9:00 Lower Body Strength Training – Jen 9:45 Stretch 2 – Jen 10:30 Cardio Drumming – Jen 11:30 Memory Care – Liz 1:30 Balance – Jen 2:00 Stretch 1 – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 16 9:00 Circuit City – Jen 10:00 Practical Yoga & Pilates – Jen 11:15-12:15 AL & SN – Jen 1:30 Upper Body Strength Training – Jen 2:15 Sittercize – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird SUKKOT BEGINS	8:30 Water Aerobics – Lee 17 9:00-11:00 Pickleball 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Liz 1:30 Lower Body Strength Training – Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen	9:00 Tabata – Liz 18 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30-3:00 RIDGE FERRY PARK WALK – LIZ	10:00 Walking Club 19 1:00 Full Body Strength Training - Jen 2:00 Practical Yoga & Pilates 2:45 Sittercize
	9:00 Step Aerobics 20 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:00 Upper Body 21 Strength Training – Jen 10:00 Chair Yoga – Jen 11:15 Assisted Living – Jen 1:30 Cardio Drumming – Jen 2:15 Sittercize – Jen	8:30 Water Aerobics – Lee 22 9:00-11:00 Pickleball 9:00 Lower Body Strength Training – Jen 9:45 Stretch 2 – Jen 10:30 Cardio Drumming – Jen 11:30 Memory Care – Liz 1:30 Balance – Jen 2:00 Stretch 1 – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 23 9:00 Circuit City – Jen 10:00 Practical Yoga & Pilates – Jen 11:15-12:15 AL & SN – Jen 1:30 Upper Body Strength Training – Jen 2:15 Sittercize – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 24 9:00-11:00 Pickleball 9:00 Cardio Crush – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Liz 1:30 Lower Body Strength Training – Jen 2:30 Chair Strength Training – Jen 3:00 Stretch 1 – Jen	10:30-12:30 BOWLING 25 W/THE FITNESS GALS! (SIGN UP)	10:00 Walking Club 26
	9:00 Step Aerobics 27 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:00 Upper Body 28 Strength Training – Jen 10:00 Chair Yoga – Jen 11:15 Assisted Living – Jen 1:30 Cardio Drumming – Jen 2:15 Sittercize – Jen	8:30 Water Aerobics - Lee 29 9:00-11:00 Pickleball 9:00 Lower Body Strength Training - Jen 9:45 Stretch 2 - Jen 10:30 Cardio Drumming - Jen 11:30 Memory Care – Liz 1:30 Balance – Jen 2:00 Stretch 1 – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee 30 9:00 Circuit City – Jen 10:00 Practical Yoga & Pilates – Jen 11:15-12:15 AL & SN – Jen 1:30 Upper Body Strength Training – Jen 2:15 Sittercize – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 31 9:00-11:00 Pickleball 11:00-1:00 CARDIO DRUMMING HALLOWEEN PIZZA PARTY W/COSTUME & SCARIEST DESSERT CONTEST (Fitness Center & Bar; sign up) HALLOWEEN	HEALTH & FITNESS 2024 <i>October</i>	