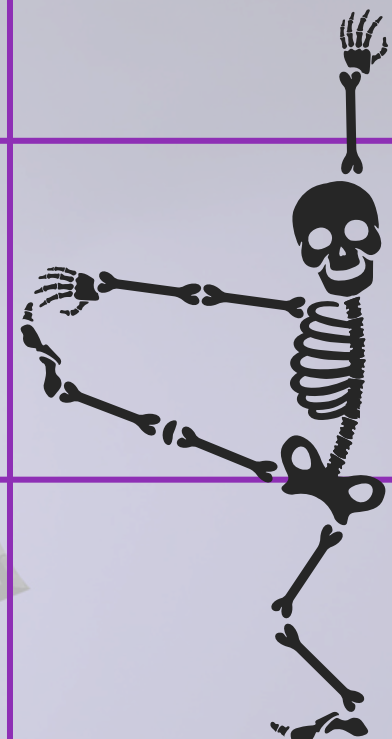



**KEY:**

**FFC - Fieldpointe Fitness Center**

**RC - Regent's Club**

**SC - Sunrise Center**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1 style="color: orange;">Fitness Calendar</h1> <h1 style="color: black;">October 2024</h1>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
		11:00 Cardio Drum (SC) 11:00 Exercise 1 (RC) 1:00 S T R E T C H (SC) 1:00 Cardio Drum (FFC)	9:00 Strong Bodies™(FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	9-2 Nails with Lizzie 9:30 Gentle Yoga (FFC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1;00 Strong Bodies™ (SC)	9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 12:45 Fitness Outing: Basses Taste of Country \$13 & 🍷🍷🍷 1:00 NO CLASS (SC)		
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Strong Bodies™ (SC)	11:00 Cardio Drum (SC) 11:00 NO CLASS (RC) 1:00 S T R E T C H (SC) 1:00 Cardio Drum (FFC)	9:00 NO CLASS (FFC) 11:00 NO CLASS (SC) 11:00 NO CLASS (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	9-2 Nails with Lizzie 9:30 Gentle Yoga (FFC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Strong Bodies™ (SC)	9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 Seated Exercise (SC)		
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>		<b>18</b>
9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Strong Bodies™ (SC)	11:00 Cardio Drum (SC) 11:00 Exercise 1 (RC) 1:00 NO CLASS (SC) 1:00 Cardio Drum (FFC)	9:00 NO CLASS (FFC) 11:00 NO CLASS (SC) 11:00 NO CLASS (FFC) 1:00 NO CLASS (FFC) 1:00 Fall Prevention (SC)	9:30 NO YOGA (FFC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Strong Bodies™ (SC)	9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 Seated Exercise (SC)			
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>		<b>26</b>
9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Strong Bodies™ (SC)	11:00 Cardio Drum (SC) 11:00 Exercise 1 (RC) 1:00 S T R E T C H (SC) 1:00 Cardio Drum (FFC) 3:00 Chair Dance With Rosita (SC)	9:00 Strong Bodies™(FFC) 11:00 NO CLASS (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (GC)	9-2 Nails with Lizzie 9:30 Gentle Yoga (FFC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1;00 Strong Bodies™ (SC)	9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 1:00 Seated Exercise (SC)			
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p>Nails with Lizzie Thursday's 9:00 am - 2:00 pm Walk-Ins Accepted <i>See details in description section.</i></p>		
	9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Strong Bodies™ (SC)	11:00 Cardio Drum (SC) 11:00 Exercise 1 (RC) 1:00 S T R E T C H (SC) 1:00 Cardio Drum (FFC)	9:00 Strong Bodies™(FFC) 11:00 Seated Exercise (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)	9-2 Nails with Lizzie 9:30 Gentle Yoga (FFC) 11:00 Exercise 1 (RC) 1:00 Halloween Cardio Drum (SC) 3:00 Monster "Cardio Drum" Mash (RC)			

## FIELDPOINTE & REGENT'S CLUB EXERCISE CLASSES

1. **StrongBodies™ STRENGTH TRAINING** – IS BACK IN THE FIELDPOINTE FITNESS CENTER! Structured, safe, and effective evidence-based strength-training program developed for adults of any age. Brought to you through the UW-Madison Extension. **Registration & strength/ mobility pre-assessment required.** (90 minutes) Exertion level = 2 & 3.
2. **GENTLE YOGA** - This class will be on the floor/mat. Mitigate stress in the mind and body. Wind down with a meditation segment. Bring a mat if you have one. (60 minutes) Exertion level = 2.
3. **EXERCISE 1 (Regent's Club)** – Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.
4. **EXERCISE 2** – Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.
5. **FALL PREVENTION** – Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. Resting between movements is included. (30 mins.) Exertion level = 1 & 2.
6. **CARDIO DRUMMING** – Seated or standing! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardio output, and burn calories. No prior experience required. (30 minutes) Exertion level = All.
7. **STRETCH** – Get limbered up for the weekend! S t r e t c h the entire body! (30 minutes) Exertion level = 0 & 1.
8. **WALKING CHALLENGE!** – October is the first month of our last walking challenge in 2024! Track your steps from Oct-Dec and turn them into Brooke for your 2024 totals. Tracking sheets available in the FFC or Welcome Centers.
9. **MONSTER “CARDIO DRUM” MASH** - Thursday, Oct 31st we are moving our Cardio Drum class to the Regents Club from 3:00-3:30pm! This class will be filled with Monster Mash favorites and be followed up by a Halloween themed dinner in the Regents Club!
10. **FITNESS OUTING: BASSES TASTE OF COUNTRY** - Friday, October 4th come along for a walking outing full of fall festivities. From the corn maze, to the pumpkin patch, to the bakery, and delicious food trucks, Basses Taste of Country farm in Colgate, WI has the biggest variety of fall activities around! This is a three-shoe event due to uneven terrain. Sign-up at the Welcome Centers. **(\$13)**

**Questions or to register call Brooke: (262) 330-5162**

## SUNRISE CENTER EXERCISE CLASSES

1. **TAI CHI** - Slow, gentle movements, focusing on posture with controlled breathing. (30 min) Exertion level = 1, Wednesday at 1:00 pm.
2. **FALL PREVENTION** - Seated and standing full body exercises to help increase muscle strength, balance, and independence. (30 minutes) Exertion level = 1, Wednesday Oct. 16th at 1:00pm.
3. **SEATED EXERCISE** - Energize with a full body workout to increase blood flow and cardio output! (30 minutes) Exertion level = 1, Wednesday at 11:00 am & Friday at 1:00pm.
4. **StrongBodies™ STRENGTH TRAINING** - Structured, safe, and effective evidence-based strength-training program brought to you through the UW-Madison Extension with recovery/rest time included. *Registration required.* See Abbey prior to class start. (60 minutes) Exertion level = 1, Monday & Thursday at 1:00pm.
5. **CHAIR DANCE** - Seated Chair Dance lead by Rosita to an invigorating array of Latin music. (30 min) Exertion Level = 1. Tuesday, Oct. 22nd at 3:00pm.
6. **CARDIO DRUMMING** - Seated class combining cardio exercise and drumming to lively music. No experience required! (30 minutes) Exertion level = 1, Tuesday at 11:00 am & **Halloween themed Cardio Drum on Thursday, Oct. 31st at 1:00pm in the Sunrise Center!**
7. **NAILS WITH LIZZIE:** Certified Nail Technician Lizzie Langen is here on Thursday's (see schedule), 9:00am - 2:00pm. Her table is located in the basement, take the National Avenue main entrance elevator to “B”. Walk through double black doors. Nails is on your immediate left. Schedule by calling the Welcome Centers. Walk-Ins also welcome. Pay after service at Welcome Center with credit card. \$10 (no polish) or \$20 (polish).

**Questions or to register call Abbey : (262) 330-5162**