

October 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	6 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	7 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	8 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	9 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

October Fitness & Wellness News



**Play begins on Monday, Oct. 19th
in the Bistro Courtyard.**

**Finals on Thurs., Oct. 29th at 4:00 p.m.
in the Bistro Courtyard**

**Find a partner and sign up your team in
Resident Life by Mon., Oct. 12th**

**Eight teams will compete in a single-
elimination tournament.**

Questions? See Patti or Jai

Walk to End ALZ.

Saturday, October 24th

Middle GA University

Depart lobby at 9:15 a.m.

Join members of the Middle Georgia community as we walk to show support for those with Alzheimer's. Carolyn Bradley is the second highest individual fundraiser in Middle Georgia, thanks to all who supported the "No Show Ball." The walk is approximately one-half mile and self-paced. The bus will return to Carlyle Place at approximately 11:00 a.m.

***Sign up on the Uniguest App**

Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.

We value your feedback and look forward to hearing from you!

Patti Kunselman, Wellness Manager, 405-4566 Jaichelle Thomas, Fitness Assistant, 405-4532