# November 2026 Fitness & Wellness Class Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Line Dancing (GF) | **3**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **4**<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Clogging 101 (GF) | **5**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **6**<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF) |
| **9**<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Line Dancing (GF) | **10**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **11**<br>8:00 Gentle Yoga (GF)<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>3:00 Clogging 101 (GF) | **12**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **13**<br>8:00 Gentle Yoga (GF)<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF) |
| **16**<br>8:00 Gentle Yoga (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF) | **17**<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **18**<br>8:00 Gentle Yoga (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Clogging 101 (GF) | **19**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **20**<br>8:00 Gentle Yoga (GF)<br>9:00 A.M. Tai Chi (GF) |
| **23**<br>8:00 Gentle Yoga (GF)<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Line Dancing (GF) | **24**<br>8:30 Morning Flex (GF)<br>9:15 Balance Plus (GF)<br>10:00 Sit and Fit (GF)<br>1:30 Chair Yoga (GF) | **25**<br>8:30 Low Go Cardio (GF)<br>9:00 A.M. Tai Chi (GF)<br>11:00 Staying Strong (GF)<br>3:00 Clogging 101 (GF) | **26**<br>**Happy Thanksgiving!** | **27**<br>**No exercise classes today.** |

**P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed**

**Class times and locations subject to change**

# November Fitness & Wellness

## *Eating for a Sharper Mind*

**Friday, November 13th at 2:00 pm**

**in the Grande**

Your brain makes up only 2% of your body weight, yet it burns 20% of the calories you eat every day. Feed it well, and you feel it: in your focus, your memory, and your mood. Feed it poorly, and you feel that too, in brain fog, and low energy. Join Patti and learn how your brain and gut interact and about the affordable food items that can boost brain health.

***Sign up on the Uniguest App**

## *Are you ready for Fall?*

I am not referring to the season, but to "Fall" in love with your life. Wake up early, buy your favorite coffee, go for a walk, eat good food, wear what makes you feel confident, try a new hobby, and listen to your favorite music. Call an old friend, watch your favorite movie, sit on a bench outside and enjoy the crisp air. Purposefully create these small moments that make you fall in love with your life!

**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**