


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! One Boxing 12:30-1:30 Fitness Training 3:30-4:30 PWR! Moves Boxing (B) 3:30-4:30 PWR! One 5:30-6:30 Move It No Evening Flexcore</p>	<p>2 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves 4:30-5:30 Buddy Bootcamp 5:30-6:30 Move It</p>	<p>3 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>4 9-10 Coffee Talk 10:30-11:30 Fitness Training 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B) No Dance Today</p>
<p>7 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>8 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! One Boxing 11:30-12:30 Music Therapy (B) 12:30-1:30 Fitness Training 12:30-1:30 Music Therapy (B) 3:30-4:30 PWR! Moves Boxing (B) 3:30-4:30 PWR! One 5:30-6:30 Move It No Evening Flexcore</p>	<p>9 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves 4:30-5:30 Buddy Bootcamp 5:30-6:30 Move It</p>	<p>10 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>11 9-10 Coffee Talk : Wendy & David 10:30-11:30 Fitness Training 10:30-11:30 Dance (B) 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
<p>14 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>15 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! One Boxing 12:30-1:30 Fitness Training 3:30-4:30 PWR! Moves Boxing (B) 3:30-4:30 PWR! One 5:30-6:30 Move It 6:30-7:30 Flexcore</p>	<p>16 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves 4:30-5:30 Buddy Bootcamp 5:30-6:30 Move It</p>	<p>17 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>18 9-10 Coffee Talk: Stephanie 10:30-11:30 Fitness Training 10:30-11:30 Dance (B) 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B)</p>
<p>21 9-10 PWR! Circuit 9-10 Dance (B) 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 3:30-4:30 PWR! Moves</p>	<p>22 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! One Boxing 11:30-12:30 Music Therapy (B) 12:30-1:30 Fitness Training 12:30-1:30 Music Therapy (B) 3:30-4:30 PWR! Moves Boxing (B) 3:30-4:30 PWR! One 5:30-6:30 Move It No Evening Flexcore</p>	<p>23 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves 4:30-5:30 Buddy Bootcamp 5:30-6:30 Move It</p>	<p>24 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 10-11 No Mindful/Med. 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One</p> <p style="text-align: center;">HALLOWEEN Party @ Joe's</p> 	<p>25 9-10 Coffee Talk: Chelsea Galloway 10:30-11:30 Fitness Training 11:30-12:45 Yoga (B) 1-2pm PWR! One 1-2pm PWR! Moves Boxing (B) No Dance Today</p>
<p>28 9-10 PWR! Circuit 10-11 PWR! Moves 10-11 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One 3:30-4:30 PWR! Moves No Dance Today</p>	<p>29 8-9 PWR! Circuit 9-10 PWR! Circuit 10-11 PWR! Moves 11-12 PWR! One Boxing 12:30-1:30 Fitness Training 3:30-4:30 PWR! Moves Boxing (B) 3:30-4:30 PWR! One 5:30-6:30 Move It 6:30-7:30 Flexcore</p>	<p>30 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Flexcore (B) 11-12:15 Yoga (B) 11-12 Fitness Training 12:30-1:30 Fitness Training 1:30-2:30 Speaking Group (B) 1:30-2:30 PWR! One 2:30-3:30 PWR! One Boxing 3:30-4:30 PWR! Moves 4:30-5:30 Buddy Bootcamp 5:30-6:30 Move It</p>	<p>31 8-9 PWR! Circuit 9-10 PWR! Circuit MMA (B) 10-11 PWR! Moves 10-11 Mindful Stretch/Med.(B) 11-12 PWR! One 12:30-1:30 Fitness Training 1:30-2:30 PWR! One 3:30-4:30 PWR! Moves</p>	

Announcements:

Have you ever thought “I need to work on my balance, my stamina, or possibly better habits to decrease my fall risk?” BNW offers individualized goal oriented One on One sessions for active members and their care partners. Each session is \$50 dollars or you can commit to 4 sessions for \$150. Please see staff for further details.

- November Calendar out Monday Oct. 21st
- November Sign-ups out Monday Oct. 28th

Coffee Talk Speakers:

- **Friday, 9-10am, October 11th, Wendy & David:** Exercise Information/Q & A.
- **Friday, 9-10am, October 18th, Stephanie:** Medications/Q & A
- **Friday, 9-10am, October 25th, Chelsea Gallaway—Registered Dietician:** General Nutrition.

Support Groups:

***Care-Partner**
Mondays @ 11:00am (B)

***Coffee Talk**
Fridays @ 9:00am

***Men's Group**
Tuesdays @ 4:30pm

***Women's Group**
10/7, 10/21 @ 4:30pm

***MS Support Group (B)**
10/17 @ 12-2pm

October Events:

- **Serranos! Dine and Donate:**
Wednesday, October 9th, 4pm-9pm
They will give 20% back to BNW. Flyers now available with further details. You will need to bring your flyer with you.
- **Goodwill Donation Drive!**
October 12th—Drop off time 8-10am.
Location: behind Heritage Court. Bring your car or truck loaded and Goodwill will unload for you when you arrive.
***Important:** Please see flyers for accepted and non-accepted items.
- **Annual BNW Halloween Party!!**
Still plenty of time to get your costume together!!
Thursday, October 24th, 4-6:00pm
Location—Joe's BBQ

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[www.BannerHealth.com/
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Happy Halloween!!!

