

WELLNESS & MOVEMENT CLASS & EVENTS SCHEDULE NOVEMBER 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

Community Fitness Party
& Yard Sale
Wolk Park 9:00-1:00pm

03

POUNDING FOR HEALTH
Pounding Class
9:15-10:00am
Inverrary Comm Center

04

zoom
Fusion Class
9:30-11:00 am

05

Fusion Movement Class
9:15-10:00 am
Inverrary Comm Center

06

Chair Yoga @
St. George Park
9:00-10:00 am

07

POUNDING FOR HEALTH
zoom Pounding Class
9:30-11:00 am

08

Wellness Movement
Courtyard
9th Anniversary @ The
Courtyard - 4:30 PM

10

POUNDING FOR HEALTH
Pounding Class 9:15-10:00am
Inverrary Comm Center

Chair Yoga @ Sadkin Center
12:00 -1:00 pm

11

zoom Fusion Class
9:30-11:00 am

Veteran's Day
Sadkin Center CLOSED

12

Fusion Class
9:15-10:00 am
Inverrary Comm Ctr

9yr Celebration @
Sadkin Center
10:30-12:00 pm

13



14



15



17



18



19



20



21



22



24



25

zoom Fusion Class
9:30-11:00 am

Fitness Yoga @ Sadkin
Center 6:30-7:30 pm

26

Fusion Movement Class
9:15-10:00 am
Inverrary Comm Center

27

happy
thanksgiving

28

NO CLASSES

29



31

DO WHAT
makes you
HAPPY

For more information call 954-599-4506



A WORLD WITHOUT LABELS
WELLNESS & MOVEMENT