

WELLNESS & MOVEMENT CLASS & EVENTS SCHEDULE

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		01 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center	02 Chair Yoga @ St. George Park 9:00-10:00 am	03  Pounding Class 8:45-9:30 am	04 
06  Pounding Class 9:15-10:00am Inverrary Comm Center	07  Fusion Class 9:30-11:00 am	08 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center Chair Yoga @ Sadkin Center 10:30-11:30 am	09  Pounding Class 6:30-7:30 PM Sadkin Community Center	10  Pounding Class 8:45-9:30 am	11 
13  Pounding Class 9:15-10:00am Inverrary Comm Center	14  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	15 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center	16 Chair Yoga @ St. George Park 9:00-10:00 am	17  Pounding Class 8:45-9:30 am	18 
20  Pounding Class 9:15-10:00am Inverrary Comm Center	21  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	22 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center  Chair Yoga @ Sadkin Center 10:30-11:30 am	23 	24  Pounding Class 8:45-9:30 am	25 
27  Pounding Class 9:15-10:00am Inverrary Comm Center	28  Fusion Class 9:30-11:00 am Fitness Yoga @ Sadkin Center 6:30-7:30 pm	29 Fusion Movement Class 9:15-10:00 am Inverrary Comm Center	30 	31 	

For more information call 954-599-4506

