



OCTOBER 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	2 Aquacise 11:30a-12:30p	3
4 CLOSED	5 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Tai Chi 5:30p-6:15p	6 Fit Over 40 9a-10a SS Classic 10:30a-11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	7 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	8 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	9 Aquacise 11:30a-12:30p	10
11 CLOSED	12 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Tai Chi 5:30p-6:15p	13 Fit Over 40 9a-10a SS Classic 10:30a-11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p HIIT 5:30p-6:15p	14 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	15 SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	16 Aquacise 11:30a-12:30p	17
18 CLOSED	19 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Tai Chi 5:30p-6:15p	20	21	22 20/20/20 9a-10a <i>(Makeup Class from 10/15)</i>	23	24
25 CLOSED	26 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p Tai Chi 5:30p-6:15p	27 Fit Over 40 9a-10a SS Classic 10:30a-11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p HIIT 5:30p-6:15p	28 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	29 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	30 Aquacise 11:30a-12:30p	31

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.