

# October Events



## Flu Shot Clinic

Registration is required.

**Date** Friday, October 11

**Time** 9:00am-12:00pm

## Trick-or-Treating at the Wellness Center

Join us for a scavenger hunt in the Wellness Center and stop in Kids in Motion for a fun craft!

**Date** October 24

**Time** 5:00pm-7:00pm

## Aqua Board Fitness Classes

Take your fitness to a new level with our Aqua Board classes. These four-week small group classes offer a total body workout that focuses on using core stability to improve balance, mobility, strength, flexibility, and endurance. *Maximum weight 265.*

### Aqua Board Strength, Balance, and Mobility

#### Session Options:

- **Dates** Mondays, October 14-November 4  
**Time** 4:00pm-5:00pm
- **Dates** Tuesdays, October 15-November 5  
**Time** 9:00am-10:00am
- **Dates** Thursdays, October 17-November 7  
**Time** 11:00am-12:00pm

**Cost:** Members \$104, Non-Members \$112

## Love Your Body Workshop Series (DEX)

Join us for yoga and journaling exercises to emphasize grounding in our bodies with unconditional care.

How often do we judge, shame, or ignore our bodies for their size, shape, ability, disability, or wellness level? Let's begin to engage in gentle yoga flows, guided breath practices, and effective journaling for true self-honoring. *Registration is recommended.*

**Date** Wednesday, October 16

**Time** 6:00pm-7:30pm

**FOR MORE INFORMATION OR TO REGISTER,** please call 734-580-2500 or visit the Member Service Desk.

## COMING UP IN NOVEMBER

### Strengthen Your Pickleball

Whether you're a seasoned player or just starting your pickleball journey, strength training can significantly elevate your game. Pickleball is a dynamic sport that demands quick movements, explosive bursts of energy, and precise control. Strength training provides the foundation to meet these demands, enhancing your power, endurance, and overall performance on the court. *Limit four participants.*

**Dates** Thursdays, November 7-December 19

**Time** 10:00am-11:00am

**Cost** Members \$126, Non-Members \$132

### Beginning Weightlifting

This class is designed to introduce new exercises to the younger generation that are just getting started on their fitness journey. In this class, participants will cycle through several exercises targeting different muscle groups with minimal rest in between each movement. Participants will learn how to tax their muscular strength, endurance, and cardiorespiratory system.

**Dates** Thursdays, November 7-December 19

**Time** 3:30pm-4:15pm

**Cost** Members \$126, Non-Members \$132

