

# October

Date	Time	Activity	Location/ Meeting Place
5th	10:30-11:30AM	Outdoor Bocce Ball	Manor South Lounge
7th	10:30-11:30AM	Trail Walk	Manor South Lounge
8th	9:00-9:45AM	Deep Water Aerobics	Keller Pool
12th	10:30-11:30AM	Active Arcade	Aerobic Studio
14th	10:30-11:30AM	Brain Bashers	Rec Room
18th	3:15-4:00 PM	HIIT the Ground Walking	Manor South Lounge
20th	10:45-11:30 AM	Active Agers Circuit	Creekview Fitness Center
26th	10:30-11:30AM	Tai Chi	Aerobic Studio
28th	10:30-11:30 AM	Drum Fit	Aerobic Studio

\*See back for description of classes

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Activity	Explanation
Active Arcade	It's a simple, natural way to get active just by playing fun games that use your body movement .
Brain Bashers	Using technology to expand your mental skills by playing games. These games will help sharpen your: <ul data-bbox="625 472 950 724" style="list-style-type: none"><li>• Memory</li><li>• Attention</li><li>• Problem solving</li><li>• Mental ability</li></ul>
HIIT the Ground Walking	This will be a higher intensity walk. Incorporating a mix of slow and fast walking.
Active Agers Circuit	Join us in the new Creekview Fitness Center for a circuit-based exercise class. This class will include cardio, strength training machines, and balance.
Tai Chi Video	Follow along to a Tai Chi Video. Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.
Drum Fit Video	Watch and participate in our drum fitness! Drum fitness is a choreographed format where participants use drumsticks during the workout to target various areas of their body. Drum fitness is typically a cardio-based class, but the class can also focus on toning and strength.