October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30am Quick Walk w/ weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	2 9:30am Villas (TZ) 11am Town Hall (CR) 3pm Wellness Jeopardy (CR)
5 10:00am Men's Swim (POOL) 10:45am Strength and Balance (WS) 2:00pm Woman's FREE swim (POOL) 3:00pm Chair Volleyball (CR)	6 10:00am Vegan discussion (Roost52) 11:30am Core Class (WS) 2pm Strength and Balance (WS)	7 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	8 9:30am Quick Walk w/ weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) 3pm Gym Tour (Outpatient Gym)	9 9:20 am Villas (TZ) 10am Cemetery walk -Boones Mill/ Country Store (TCL) 3:30pm Strength and Balance (TC)
12 10:00am Men's Swim (POOL) 10:45am Strength and Balance (WS) 2:00pm Woman's FREE swim (POOL) 3:00pm Chair Volleyball (CR)	13 9:15am Outdoor/Indoor Walk with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	14 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	15 9:30am Quick walk w/ weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) 3pm Snack and Grab (Roost52)	16 9:20 am Villas (TZ) 10am Cemetery walk Vinton/RnD Coffee (TCL) 3:30pm Cardio Drum Circle (oaks)
19 10:00am Men's Swim (POOL) 10:45am Strength and Balance (WS) 2:00pm Woman's FREE swim (POOL) 3:00pm Chair Volleyball (CR)	20 9:15am Outdoor/Indoor Walk with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 3pm Ping Pong (WS)	21 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:30pm Assisted Living SWIM CLASS - POOL Closed to Independent Living	22 9:30am Quick Walk w/ weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) 3pm Chair Yoga AL only (JCT)	23 9:20 am Villas (TZ) 10:45am Strength and Balance 11:30am Core 1pm Cemetery Walk Sherwood/Nothing Bundt Cake (TCL)
26 10:00am Men's Swim (POOL) 10:45am Strength and Balance (WS) 2:00pm Woman's FREE swim (POOL) 3:00pm Chair Volleyball (CR)	27 9:15am Outdoor/Indoor Walk with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 3pm Strength and Balance level 2 (WS)	28 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	29 9:30am Quick Walk w/ weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) 3pm Strength and Balance level 2 (WS)	30 9:20 am Villas (TZ) 10:45am Strength and Balance 11:30am Core 1pm Cemetery Walk East Hill/ Corbin's Confections (TCL)

Calliope Restrepo (540) 378-6134 crestrepo@friendship.us CR = Community Room (Town Center), WS = Wellness Studio (Town Center), SR = Shenandoah Room (Knollwood), LL = Lower Lake (Outside), RR = Regency Room (Ridgecrest), TZ = Tone Zone (Villas), LOBBY = Town Center Lobby, POOL = Outpatient Pool at Health Center .