



# Club Life

October 2026 • Portland



## Move With Purpose

We're proud to partner with the **Pink Lemonade Stand Challenge** in supporting breast cancer research through special classes and programming across our clubs.

### Club Highlights

#### Brain Health Seminar

Learn how food, exercise, sleep, and other lifestyle choices can support brain health and memory on October 3. No registration required.

#### Safety Fair

On October 10, get a refresher on fire safety, first aid, and more at this event in partnership with Ready to Respond. No registration required.

#### Halloween Spooktacular

Get into the Halloween spirit on October 25 with some festive fun, inflatables, games, and a photo booth out on the basketball courts.



### Support Now

Scan to learn more, get involved, and show your support with community spirit or a donation.

# October 2026

## Calendar of Events

| Sunday                                                                                                                                                                                                                                      | Monday                                                                                                                                                  | Tuesday                                                                                                                         | Wednesday                                                                                                                       | Thursday                                                                                                                   | Friday                                                                                                                                             | Saturday                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <div>  <p><b>October Member Perk</b></p> <p>Transform your sleep with the Eight Sleep Pod. Save up to \$350 with your exclusive member savings.</p> </div> |                                                                                                                                                         | 29                                                                                                                              | 30                                                                                                                              | 1                                                                                                                          | 2                                                                                                                                                  | 3                                                                                                                                     |
|                                                                                                                                                                                                                                             |                                                                                                                                                         |                                                                                                                                 |                                                                                                                                 | Functional Stretch<br>8:00 am<br><br><b>Aqua Blast for Pink</b><br>9:00 am<br><br>Brain Health Seminar<br>5:00 pm          | Free Guest Friday All Day<br><br><b>Pedal for Pink</b><br>9:15 am<br><br>Family Fun Friday<br>5:00 pm-7:00 pm                                      | Brain Health Seminar<br>9:00 am<br><br>Neurodivergent Seminar<br>10:30 am                                                             |
| 4                                                                                                                                                                                                                                           | 5                                                                                                                                                       | 6                                                                                                                               | 7                                                                                                                               | 8                                                                                                                          | 9                                                                                                                                                  | 10                                                                                                                                    |
| Pickleball Drop-In: Intermediate<br>8:00 am-10:00 am<br><br>Basketball Drop-In Runs<br>8:00 am-11:00 am<br><br>Group Ride<br>9:15 am-10:05 am                                                                                               | HIIT<br>7:00 am-7:50 am<br><br>Run Club<br>9:30 am-10:45 am                                                                                             | <b>Strength Conditioning for a Cause</b><br>9:15 am<br><br>R30<br>10:30 am-10:55 am<br><br>Basketball League<br>6:30 pm-8:30 pm | Aqua Blast<br>9:00 am-9:50 am<br><br>Rock Climbing Night<br>5:00 pm-6:00 pm<br><br>Pickleball League<br>5:30 pm-7:30 pm         | <b>Intelligent Cycling for Pink</b><br>6:30 am<br><br>Group Blast<br>8:05 am-8:55 am<br><br>Group Power<br>5:45 pm-6:35 pm | Zumba<br>10:30 am-11:20 am<br><br>Basketball Drop-In<br>11:30 am-1:00 pm                                                                           | Pickleball Drop-In: Intermediate<br>10:00 am-12:00 pm<br><br>Safety Fair<br>10:00 am-2:00 pm<br><br>Kids Night Out<br>5:00 pm-9:00 pm |
| 11                                                                                                                                                                                                                                          | 12                                                                                                                                                      | 13                                                                                                                              | 14                                                                                                                              | 15                                                                                                                         | 16                                                                                                                                                 | 17                                                                                                                                    |
| Club Barre<br>8:00 am-8:50 am<br><br>Athletic Vinyasa Yoga<br>10:30 am-11:45 am                                                                                                                                                             | Pilates Reformer: All Levels<br>9:15 am-10:05 am<br><br><b>Vin Yin Yoga for Pink</b><br>10:15 am<br><br>First Aid & AED Certification Class<br>10:30 am | Total Body Circuit<br>7:00 am-7:50 am<br><br>Basketball League<br>6:30 pm-8:30 pm                                               | Family Climb Night<br>5:30 pm-7:30 pm<br><br>Pickleball League<br>5:30 pm-7:30 pm<br><br><b>GroupACTIVE for Pink</b><br>5:45 pm | Intelligent Cycle: Journey<br>7:20 am-9:30 am<br><br>First Aid & AED Certification Class<br>5:00 pm                        | Dynamic Mobility & Pure Strength<br>9:15 am-10:05 am<br><br>Strength Conditioning<br>12:00 pm-12:50 pm<br><br>Family Fun Friday<br>5:00 pm-7:00 pm | Power Vinyasa<br>8:30 am-9:20 am<br><br>Core & More<br>8:45 am-9:10 am                                                                |
| 18                                                                                                                                                                                                                                          | 19                                                                                                                                                      | 20                                                                                                                              | 21                                                                                                                              | 22                                                                                                                         | 23                                                                                                                                                 | 24                                                                                                                                    |
| <b>Power for Pink</b><br>8:00 am<br><br>Group Centergy<br>9:15 am-10:05 am<br><br>30 HIIT<br>9:45 am-10:10 am                                                                                                                               | Group Active<br>5:30 am-6:20 am<br><br>Basketball Drop-In<br>9:30 am-1:00 pm<br><br>Pickleball Drop-In: Intermediate<br>11:00 am-1:00 pm                | Aqua Yoga<br>8:00 am-8:50 am<br><br>Basketball League<br>6:30 pm-8:30 pm                                                        | <b>Fight for Pink</b><br>5:30 am<br><br>Power & Pedal<br>10:30 am-11:20 am<br><br>Rock Climbing Night<br>5:00 pm-6:00 pm        | Basketball Drop-In<br>6:00 am-7:30 am<br><br><b>HIIT It for Pink</b><br>11:30 am<br><br>HIIT Squad<br>11:30 am-12:20 pm    | Strength Conditioning<br>8:05 am-8:55 am<br><br>Cycle<br>9:15 am-10:05 am<br><br>Boo Bash Swim<br>5:00 pm                                          | Intelligent Cycle: HIIT<br>7:30 am-7:55 am<br><br>Kids Night Out<br>5:00 pm-9:00 pm                                                   |
| 25                                                                                                                                                                                                                                          | 26                                                                                                                                                      | 27                                                                                                                              | 28                                                                                                                              | 29                                                                                                                         | 30                                                                                                                                                 | 31                                                                                                                                    |
| Basketball Drop-In<br>8:00 am-11:00 am<br><br>Core Strength Conditioning<br>10:30 am-11:20 am<br><br>Halloween Spooktacular<br>2:00 pm-4:00 pm                                                                                              | Pickleball Drop-In: Advanced<br>8:00 am-10:00 am<br><br>Group Ride<br>9:15 am-10:05 am<br><br>Group Groove<br>10:30 am-11:20 am                         | Basketball Drop-In Runs<br>9:30 am-1:00 pm<br><br>Basketball League<br>6:30 pm-8:30 pm                                          | 30 Rock<br>7:15 am-7:40 am<br><br>Rock Climbing Night<br>5:00 pm-6:00 pm<br><br>Pickleball League<br>5:30 pm-7:30 pm            | Pure Strength<br>7:00 am-7:50 am<br><br>Open Climb<br>4:30 pm-10:00 pm                                                     | <b>Zumba Thriller for Pink</b><br>10:30 am<br><br>Intermediate Reformer<br>12:00 pm-12:50 pm<br><br>Boxing Class<br>12:00 pm-12:50 pm              | <b>Halloween</b> 🎃<br><br>Basketball Drop-In<br>7:00 am-10:00 am<br><br>MOSSA Classes: Pink Themed<br>9:00 am-12:00 pm                |