

OCTOBER FITNESS

2025

Peterson
Meadows
Active Independent Senior Living

WEDNESDAY 1

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 2

No Fitness Classes

FRIDAY 3

MPR with Liz

9:00 Stretch
9:30 Functional
Strength

MONDAY 6

With Liz

9:00 Stretch
9:30 Sit and Get Fit

TUESDAY 7

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 8

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 9

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 10

9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor walk

MONDAY 13

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 14

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 15

8:45 Stretch
**9:30 Resident
Council**

THURSDAY 16

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi

FRIDAY 17

9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor walk

MONDAY 20

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 21

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 22

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 23

MPR

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi

FRIDAY 24*

9:00 Stretch
9:30 Functional
Strength
10:00 Outdoor walk

MONDAY 27

9:00 Stretch
9:30 Sit and Get Fit
10:00 Balance

TUESDAY 28

9:00 Healthy Hands
9:30 Functional
Strength
10:00 Tai Chi

WEDNESDAY 29

9:00 Stretch
9:30 Sit and Get Fit
10:30 Cardio Drums

THURSDAY 30

9:00 Sit and Get Fit
9:30 Balance
10:00 Tai Chi
11:00 Line Dancing

FRIDAY 31

**HAPPY
HALLOWEEN
PARTY**

October 2025



*Final Friday of each month.
Rizzo the dog will join us for exercise.

Halloween

- The first Jack O'Lanterns were actually made from turnips.
- According to Irish legend, Jack O'Lanterns are named after a stingy man named Jack who, because he tricked the devil several times, was forbidden entrance into both heaven and hell. He was condemned to wander the Earth, waving his lantern to lead people away from their paths.
- Illinois produces five times more pumpkins than any other state.
- Ireland is typically believed to be the birthplace of Halloween.
- Reese's Peanut Butter Cups are America's favorite Halloween candy at 29%. Snickers is the second at 11%, and M&M's, Kit Kats, and candy corn tie for third at 8%.

CLASSES WILL BE HELD IN
THE DICK & PAT NYQUIST
FAMILY CHAPEL
*PLEASE CHECK YOUR
MEADOWS MOMENTS FOR
ANY CHANGES.

FITNESS DESCRIPTIONS

Peterson
Meadows
Active Independent Senior Living

HEALTHY HANDS

A therapeutic class designed for the hands to build strength, increase mobility, flexibility and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

SIT & GET FIT

Full body exercises using resistance bands to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

STRETCH

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

OUTDOOR WALK

Weather permitting, let's walk outside together and enjoy some refreshments after. Meet in Chapel

CARDIO DRUMS

A fun and simple exercise that activates many muscles with high-intensity drumming movements.

FUNCTIONAL FITNESS

This class incorporates constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

TAI CHI

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

BALANCE

A variety of exercises that mimic everyday movement. Exercises are performed out of your chair and are designed to help improve balance, mobility, hip strength and help with fall prevention.

LINE DANCING

Learn steps to popular line dances. A fun and easy way to get your steps in and also have a great workout.

