



FITNESS



SEPTEMBER 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Heidi Day

Fitness Coordinator

hday@arboracres.org

336-631-1340

or#1227

Back to School - Fitness Studies.

During our regularly scheduled group classes, residents go beyond movement by exploring anatomy, balance and proper alignment. Each week focuses on a new topic!

Try our **Melt Method sessions** for self-care, mobility and recovery. RSVP

Pool Beach Volleyball
Thursday, September 17 at 3:30PM.

01

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

02

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley

03

9:30 Golden REPS
11:15 Mat Yoga after Town Hall
2:00 Pickleball
3:00 Aqua Exercise

04

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
1:30 *Melt Method Hand Treatment

05

06

All Day Labor Day Fitness
9:30 Aqua Exercise
9:30 Sit & Fit
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Mat Pilates
4:00 Ping Pong

07

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

08

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley
1:30 Wellness Center Orientation

09

9:30 Golden REPS
10:15 Mat Yoga
2:00 Pickleball
3:00 Aqua Exercise

10

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
1:30 *Melt Method Foot Treatment

11

12

13

9:30 Aqua Exercise
9:30 Sit & Fit
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Mat Pilates
4:00 Ping Pong

14

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

15

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley

16

9:30 Golden REPS
10:15 Mat Yoga
2:00 Pickleball
3:00 Aqua Exercise
3:30 Pool Beach Volleyball

17

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi

18

19

20

9:30 Aqua Exercise
9:30 Sit & Fit
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Mat Pilates
4:00 Ping Pong

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All Day FALL into Fitness Autumn Mixer
9:30 Golden REPS
10:15 OUTDOOR- Mat Yoga on the lawn
1:15 Outdoor Chair Yoga -on the Fitness Terrace
2:00 Pickleball
3:00 Aqua Exercise

22

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley
1:30 Community Outdoor Walk

23

9:30 Golden REPS
10:15 Mat Yoga
2:00 Pickleball
3:00 Aqua Exercise

24

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
1:30 *Melt Method on the MAT Roller class

25

26

27

9:30 Aqua Exercise
9:30 Sit & Fit
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Mat Pilates
4:00 Ping Pong

28

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

29

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley
1:30 Community Outdoor Walk

30