

OCTOBER 2026

HUNTINGTON POINTE FITNESS CLASSES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	8:30-9:20 AM STRENGTH CYNTHIA		8:30-9:20 AM CHAIR SCULPT SHARON S	8:30-9:20 AM AEROBICS DONNA	8:30-9:20 AM 20/20/20 SHARON S
9:30-10:30 AM WATER AEROBICS ROSEANN	9:30-10:30AM WATER AEROBICS DENISE	9:30-10:30 AM WATER AEROBICS SEPTEMBER	9:30-10:30 AM WATER AEROBICS HAPPY	9:30-10:30 AM WATER AEROBICS AMY	10:00-11:00 AM WATER AEROBICS MICAH
	9:30-10:20 AM ZUMBA MILAGROS	10:00-10:50 AM RESTORATIVE STRETCHING SHARON J	9:30-10:20 AM ZUMBA TOKIKO	10:00-10:50 AM LATIN CARDIO MILAGROS	
1:00-1:50 PM TAI CHI BEBE	11:00-11:50 AM CHAIR YOGA ALEX	11:00-11:50 AM FUNCTIONAL FITNESS BONNIE	12:00-12:50 PM SENIOR PLUS CHAIR YOGA ALEX		
2:00-2:50 PM CHAIR TAI CHI BEBE					

UPCOMING HOLIDAY CLASS CANCELLATIONS:

11/25 WEDNESDAY -
PRE-THANKSGIVING

11/26 THURSDAY -
THANKSGIVING

11/27 FRIDAY -
THANKSGIVING (DAY AFTER)

12/24 THURSDAY -
CHRISTMAS EVE

12/25 FRIDAY -
CHRISTMAS DAY

12/31 THURSDAY -
NEW YEAR'S EVE



OCTOBER

"October is a symphony of
permanence and change."
— BONARO W. OVERSTREET

