

November Fitness Calendar



Fitness Coordinators:

Collin Conway

Stephen Dolder, and Michael Sigala

Willows Arbor Fitness Center: (815) 316-1595

Town Center Fitness Center: (815) 316-6062

Fitness Class Schedule
October 31, 2016– November 5, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walking Group 8:15—8:45 a.m. Willows Arbor Lobby	Sole Power Yoga 8:30—9:15 a.m. Fitness Studio	Sit & Be Fit 8:45—9:15 a.m. VanSickle Room	Laps & Laughs 9:00—9:45 a.m. Aquatic Center	Sit & Be Fit 8:45—9:15 a.m. VanSickle Room	Flex & Stretch Video 9:30—10:00 a.m. Swingley Lounge
Sit & Be Fit 8:45—9:15 a.m. VanSickle Room	Laps & Laughs 9:00—9:45 a.m. Aquatic Center	Strength Tone & Mightier Bone 9:30– 10:00 a.m. VanSickle Room	Healthy Hands 9:00—9:20 a.m. VanSickle Room	Total Body Pilates 8:45—9:15 a.m. Fitness Studio	
Total Body Pilates 8:45—9:15 a.m. Fitness Studio	Healthy Hands 9:00—9:20 a.m. VanSickle Room	Total Body Pilates 8:45—9:15 a.m. Fitness Studio	Move It or Lose It Balance 9:30—10:00 a.m. VanSickle Room	Twinges for the Hinges 9:00—9:45 a.m. Aquatic Center	
Twinges for the Hinges 9:00—9:45 a.m. Aquatic Center	Move It or Lose It Balance 9:30—10:00 a.m. VanSickle Room	Twinges for the Hinges 9:00—9:45 a.m. Aquatic Center	Move It or Lose It Balance 9:30—10:00 a.m. Fitness Studio	Strength Tone & Mightier Bone 9:30—10:00 a.m. VanSickle Room	
Strength Tone & Mightier Bone 9:30—10:00 a.m. VanSickle Room	Move It or Lose It Balance 9:30—10:00 a.m. Fitness Studio	Sole Power Yoga 9:30—10:15 a.m. Fitness Studio	ABSolutely 10:15—10:35 a.m. Fitness Studio	Sole Power Yoga 9:30—10:15 a.m. Fitness Studio	
Sole Power Yoga 9:30—10:15 a.m. Fitness Studio	ABSolutely 10:15—10:35 a.m. Fitness Studio	Strength Tone & Mightier Bone 10:30—11:00 a.m. Fitness Studio	Expandables Stretch 10:45—11:15 a.m. Fitness Studio	Strength Tone & Mightier Bone 10:30—11:00 a.m. Fitness Studio	
Strength Tone & Mightier Bone 10:30—11:00 a.m. Fitness Studio	Expandables Stretch 10:45—11:15 a.m. Fitness Studio	Strength Tone & Mightier Bone 11:15—11:45 a.m. Fitness Studio	Healthy Hands 1:00—1:15 p.m. Fitness Studio	Strength Tone & Mightier Bone 11:15—11:45 a.m. Fitness Studio	
Strength Tone & Mightier Bone 11:15—11:45 a.m. Fitness Studio	Healthy Hands 1:00—1:15 p.m. Fitness Studio	Aqua Aerobics 1:00—1:45 p.m. Aquatic Center	Zumba 1:20—1:50 p.m. Fitness Studio	Aqua Aerobics 1:00—1:45 p.m. Aquatic Center	
Aqua Aerobics 1:00—1:45 p.m. Aquatic Center	Zumba 1:20—1:50 p.m. Fitness Studio	Tai Chi 2:15—2:45 p.m. Fitness Studio	Super Strength 2:00—2:45 p.m. Fitness Studio	Tai Chi 2:15—2:45 p.m. Fitness Studio	
Tai Chi 2:15—2:45 p.m. Fitness Studio	Super Strength 2:00—2:45 p.m. Fitness Studio		Aqua Aerobics 3:30—4:15 p.m. Aquatic Center		
	Aqua Aerobics 3:30—4:15 p.m. Aquatic Center				

November Fitness Department Updates

- The pool center will be closed during the week of November 21st– November 25th for cleaning and maintenance improvements . Thanks for your cooperation!
- Remember to pick up your bingo cards for the MOVE-ember Fitness Challenge!



What is Movember?

Movember is a men's health movement where men grow mustaches in November to raise awareness for prostate cancer, testicular cancer and depression.

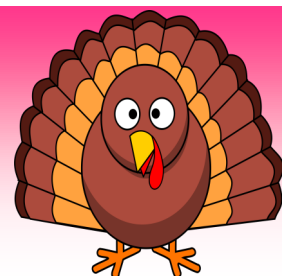
Mo is short for mustache and it's combined with "ember" for the month of November.

Movember was started by a group of men in Melbourne, Australia in 2003 where they brought back the 'stache trend. This movement has spread throughout the world. Many donations have also been given to raise money for the cause.

Source: http://www.huffingtonpost.co.uk/2013/10/24/movember-2013-rules-why-get-involved_n_4154262.html



MOVE-ember Fitness Challenge



We will be putting on a new fitness competition throughout the whole month of November for all residents.

This new challenge will be fall themed and have a BINGO aspect.

Beginning November 1st, BINGO cards will be available from the Town Center or Willows Arbor Fitness Centers as well as the Fitness Studio.

Different exercises and activities will be on each card. Complete a given exercise or activity and mark off that square to get BINGO.

Just like regular BINGO, try to complete a line of five exercises and activities in horizontal, vertical or diagonal form.

Once you complete a BINGO, you may turn your card into a Fitness Coordinator to be entered into a raffle for prizes at the end of the month.

You may complete as many cards as you would like throughout the month of November.

