

Annual Community Appreciation Week

October 12-18, 2026

JOIN US!

The following events will be held throughout the week.



Themed
Group Exercise
Classes
All Week!

Monday, October 12

Les Mills Launch – COUNTRY THEME
New Les Mills releases/classes

8:30–10:30 a.m. **Free FMS Functional Movement Screenings**
with Jackson Alexander

5:30 p.m. **POUND Class** with Dee Dee

7:30 p.m. **Adult Pick Up Volleyball Tournament** in
honor & celebration of Sean McGrath & Connor Shermeyer



**Free Daily
Admission
All Week**

Tuesday, October 13

8:30 a.m. **Line Dancing** with Sharon

9:00–10:00 a.m. **Chair Massage Demos** with Kathy

4:30–6:30 p.m. **Chair Massage Demos** with Annalisa



**Membership
Specials**

**Featured
Fitness
Classes**

Wednesday, October 14

8:30–10:30 a.m. **Free FMS Functional Movement Screenings**
with Jackson Alexander

2:00 p.m. **Art Class with Betsy!** Registration Required

5:30 p.m. **Line Dancing** with Sharon



#FreedomFamily

Thursday, October 15

8:30–10:30 a.m. **Chair Massage Demos** with Annalisa

9:30 a.m. **Breast Cancer Awareness Ride** with Karla
Registration Required

11:30 a.m. **Community Bingo**
Refreshments & Prizes!



Friday, October 16
5:30–7:30 p.m.

**Floating
Pumpkin Patch**

All ages welcome,
preregistration required
(tickets available at the door
if space permits)

Friday, October 16

5:30 p.m. **Autumn Restore Sound Immersion**
with Jason – 90-minute special session
Registration Required



Hours of Operation

SUNDAY: 8:00am–6:00pm • MONDAY-THURSDAY: 5:00am–10:00pm • FRIDAY: 5:00am–8:00pm • SATURDAY: 8:00am–8:00pm

Pool Hours

SUNDAY: 8:00am–5:30pm • MONDAY-THURSDAY: 5:00am–9:30pm • FRIDAY: 5:00am–7:30pm • SATURDAY: 8:00am–5:30pm
Monday through Friday the pool is closed between the hours of 1:00–3:00pm.

**Free
Daily Admission
All Week!**