

SEPTEMBER WELLNESS/FIT CALENDAR IL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	2 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	3 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 2:00 Brain Fitness	4 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	5 11:00 Balance/Mobility 11:30 Dance 4:00 Q5 Water Walking
7 LABOR DAY 8:30 GCR class/TV 9:00 Wii Bowling 11:00 Exercise GRP	8 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	9 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	10 9:00 Q1 Water Fit 9:00 GCR Tai-chi 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's GRP (AR)	11 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	12 11:00 Balance/Mobility 11:30 Dance 4:00 Q5 Water Walking
14 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	15 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	16 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	17 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's GRP (AR) 3:00 Fox Therapy Fall Prevention	18 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	19 11:00 Balance/Mobility 11:30 Dance 4:00 Q5 Water Walking
21 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:00 Trip to Europe 1:30 Tai-chi	22 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	23 9:00 Wii Bowling 9:30 Trip to Butterfly Museum 2:30 Chair Yoga 3:00 Paul GRP (AR)	24 9:00 Q1 Water Fit 9:30 Basketball 9:00 GCR Tai-chi 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's Support GRP	25 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	26 11:00 Balance/Mobility 11:30 Dance 4:00 Q5 Water Walking
28 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	29 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	30 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	 ● Mind-Body ● Sports ● Outing / Trip ● Educational ● GCR		

Reserve your balance evaluation, 480-290-7012

SEPTEMBER FITNESS CALENDAR OASIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	2 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	3 1:00 MC FIT 1:30 AL FIT	4 9:00 AL Stretch 9:30 MC Stretch	5 10:00 Chair Volleyball 1:30 AL Chair Volleyball
7 LABOR DAY No class	8 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	9 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	10 1:00 MC FIT 1:30 AL FIT	11 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	12 10:00 Chair Volleyball 1:30 AL Chair Volleyball
14 10:00 MC Yoga 2:15 AL Yoga/Chi	15 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	16 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	17 1:00 MC FIT 1:30 AL FIT	18 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	19 10:00 Chair Volleyball 1:30 AL Chair Volleyball
21 10:00 MC Yoga 2:15 AL Yoga/Chi	22 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	23 9:30 Trip Butterfly Museum 2:30 AL FIT	24 1:00 MC FIT 1:30 AL FIT 2:00 Brain Fitness	25 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	26 10:00 Chair Volleyball 1:30 AL Chair Volleyball
28 10:00 MC Yoga 2:15 AL Yoga/Chi	29 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	30 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	 FELLOWSHIP SQUARE HISTORIC MESA ● AL - 2nd floor Gym ● Outing / Trip ● MC		

Reserve your balance evaluation, 480-290-7012

SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

MURIEL HENDERSON TESTIMONY

When I moved to Fellowship Square, I wanted to be closer to my family. At the time, my doctor had diagnosed me with leukemia. Believing that my life might be short, I wanted to spend as much time as possible with the people I love. After getting settled, I decided to exercise to keep my body as strong as possible. About three years ago, I started using the NuStep, doing between 300 and 500 steps almost every day. A few weeks later, my doctor called to tell me that there had been a mix-up—the blood work they had received was not mine. I was healthy! I continued exercising almost every day. I also began observing and participating in classes, where I enjoy exercising with enthusiasm and energy.

Katerina, our instructor, does an excellent job of encouraging everyone and educating us with helpful information and plenty of humor. The classes do so much more for our bodies than watching TV or taking naps, and they can even help us build friendships.

Give it a try! You might be surprised by how much better you feel—and how much fun you can have along the way.

WELCOME TO SYNCERE WATSON

Join us in welcoming Syncere, our new Wellness Assistant!



We are excited to have Syncere join our team and look forward to all the energy, enthusiasm, and positive experiences she will bring to our community.

SEPTEMBER HIGHLIGHTS

Brain Fitness

September 3rd | 2:00 PM | CTR – CR Gym

Butterfly Wonderland

Wednesday, 9/23 | 9:30 AM – 2:00 PM

\$29 entry fee (cash, pre-pay by 9/20) CTR

Enjoy over 60 species of butterflies from around the world, Rainforest experience and Tropical Waters.

Walking & Clinics

Fridays | 8:00 AM – CTR Gym

Full-body, joint-friendly walking that improves posture and gait.

Wellness talk - Fall Prevention

Wednesday, 9/17 | 3:00 PM | CTR – CR Gym

Fox Rehab

Trip to Europe Presentation

September 21st - 1:00 PM CTR - CR Gym

Parkinson's GRP

September 10, 17, 24 | 3:00 PM | AR

SEPTEMBER COOL DOWN & GET MOVING AGAIN

September is the perfect time to cool down, get back into a routine, and focus on feeling your best! We are excited to be adding more exercise classes at the GCR site. There are more opportunities to move, build strength, improve balance, increase flexibility, and have fun with your friends.

EXERCISE CLASSES ON THE GCR SITE

- **Tuesday - 2:00 PM - Chair Yoga** – Improve flexibility, mobility, and relaxation.
- **Wednesday - 12:00 PM - Sit & Fit** – A fun, seated exercise class designed to improve strength and movement.
- **Thursday - 9:00 AM - Tai-Chi** – Gentle movements to support balance, coordination, and relaxation.
- **-11:00 AM - Balance & Strength** – Build strength and improve balance to help you stay active.
- **Friday - 1:00 PM - Chair Volleyball** – Get moving, have fun, and enjoy some friendly competition!



TOUR DE FRANCE SENIOR CARDIO CHALLENGE



Pedal • Move • Explore • Have Fun!

Challenge Length: 4 Weeks

Who Can Participate: All fitness levels

Goal: Build cardio endurance, stay active, and have fun while “traveling” through France!

HOW IT WORKS

Participants will collect miles or minutes throughout the challenge.

You can earn distance by using:

Stationary Bike

NuStep

Treadmill or indoor walking

Seated cardio

Walking outdoors

Other approved cardio activities

1 minute of cardio = 1 point

“You don’t have to be fast—you just have to keep moving!”

THE TOUR ROUTE

WEEK 1 – PARIS 🇫🇷

Goal: 30–45 minutes of cardio
during the week

Focus: Getting started and building
consistency.

WEEK 2 – LYON



Goal: 45–60
minutes

Focus: Increasing
endurance.

WEEK 3 – NICE 🌊

Goal: 60–75 minutes

Focus: Keeping your momentum going.

WEEK 4 – THE FINISH LINE! 🏆

Goal: 75+ minutes

Celebrate reaching the finish line!

Stop by the Gym to get your tracking sheet, record your daily activity, and watch your progress as you “travel” across France!