

September 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30am-7pm	2 8:30am-7pm	3 8:30am-7pm	4 8:30am-7pm	5 9am- 12pm
CLOSED	9am- Zumba (1) 10am- Biblical Counseling (1) 12pm- Creative Cooking (1) 2pm- Inbody Scan (2)	10am- Calm & Color(1) 2pm- Mirian's Class (2) 5pm-Vaccinations/Immunizations with Myra (2)	11am-GED ELA w/Liz 2pm- Weight training (2) 2pm- Life Skills (2) 4:30pm-Grief management (2)	Gym Open- 9am- 12pm.
8 8:30am- 7pm	9 8:30am-7pm	10 8:30am-7pm	11 8:30am-7pm	12 9am-12pm
9am- Gentle Yoga (2) 5:30pm- Creative Cooking (1)	9am- Zumba (1) 10am- Biblical Counseling (1) 12pm- Creative Cooking (1) 6pm- Parent Support (SPANISH ONLY) (2)	10am- Calm & Color (1). 2pm- Crafts with Aneli (1) 3:30pm-Medication with Dr Bowen(2)	11am-GED ELA w/Liz 2pm- Weight Training (2) 2pm- Life Skills (2). 4pm- Zumba (1) 4:30pm- Caring for Cancer (2)	9am- Inbody Scan (2) 10am- Women's Devotional (1) 11am- Mat Pilates (1)
15 8:30am- 7pm	16 8:30am- 7pm	17 8:30am- 7pm	18 8:30am- 7pm	19 9am-12pm
9am- Gentle Yoga (2) 5:30pm- Creative Cooking (1)	9am- Zumba (1) 10am- Biblical counseling (1) 12pm- Creative Cooking (1) 2pm- Inbody Scan (2)	10am- Calm & Color (1). 9am- Stress Management (1) 2pm-Mirian's class (2) 3pm- Diabetic medication Education with Dr. Bowen (2) 5pm-Understanding Hypertension w/Myra (2)	2pm- Weight Training (2) 2pm- Life Skills (2) 3pm- Art class (1) 4pm- Zumba (1)	9am- Inbody Scan (2) 10am- Myths With Lupe (2) 11am- Mat Pilates(1)
22 8:30am-7pm	23 8:30am-7pm	24 8:30am-7pm	25 8:30am-7pm	26 9am-12pm
9am- Gentle Yoga (2) 4pm- Zumba (1) 4:30pm- Importance of Screening (2)	9am- Zumba (1) 10am- Biblical counseling (1) 12pm- Creative Cooking (1) 2pm- Paying down debt (1) 5pm-Oral Health w/Myra (2)	10am- Calm & Color (1). 2pm-Aneli's Craft (1) 4pm-Family Support (2) 5pm-Lifestyle Modifications (2)	10am- Interview preparation (2) 2pm- Weight Training (2) 2pm- Life Skills (2) 4pm- Zumba (1)	9am- Inbody Scan (2). 10am- Women's Devotional (1) 11am- Mat Pilates (1)
29 8:30am-7pm	30 8:30am-7pm			
9am- Gentle Yoga (2) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)	9am- Zumba (1) 10am- Biblical counseling (1) 12pm- Creative Cooking (1) 4pm- Medication Education with Jayline (2) 5pm-Risk Reductions w/Myra (2)		Reminders: Aquatic Aerobics classes at the Warford Activity Center! Class Schedule: Monday - Friday at 9:00 AM Tuesday & Thursday at 7:00 PM	Children are welcome to attend classes with you; however, we kindly ask that you be respectful of others in the class. For safety reasons, children are NOT allowed on any fitness equipment.