

Active Aging Week



October 2 - October 6, 2023

PROMOTING SENIOR HEALTH AND FITNESS

Monday, October 2 | 10:00 AM - 1:00 PM

Peak Main Lobby: Visit with Fit Pros for free InBody assessments (no pacemakers, please), fitness testing and blood pressure readings.

Tuesday, October 3 | 11:00 AM

Peak Main Lobby: Social health is important too, so bring cards or board games to play and share with friends.

Wednesday, October 4 | 9:00 AM - 1:00 PM

Peak Main Lobby: Enjoy free coffee and cookies, our treat!

Thursday, October 5 | See times below!

Stepping On Class, 10a-12p: Email bethmunsterteiger@outlook.com to sign up!

Group Exercise Studio 1:30p-3:30p: Join us for a dance party in the studio!

Friday, October 6 | 11:00 PM - 1:00 PM

Peak Conference Room: Bring your favorite dish to our Member Potluck.

BONUS! Extended Trainer Hours on the Fitness Floor:

**Monday - Friday
8am-10am & 11am-1pm**

