

October 2026
WELLNESS CENTER CALENDAR



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Here are 2 Wellness Wins: 1.Practice Movement: Be sure to check your calendar and join us for the exercise classes taught right here at the Wellness Center—it's a great way to stay active, build strength safely, and enjoy moving together with friends! 2. Capitalize on morning sunlight: As days shorten, step outside or sit by a sunny window for 15–20 minutes each morning. Morning light supports circadian rhythm, helps maintain mood through seasonal transitions, and boosts natural Vitamin D production. Jot Down Your Reflections:		Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.		 105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039		Location Keys Wellness Center WC		9:30 Open Swim 1 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 2 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila		11:15 ♡ 3 Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]	
		11:15 Balance & Fall Prevention Training [WC] 4 1:30 ♡ Cardio Drumming [WC]		9:30 ♡ Upper Body Focus [WC] 5 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 ♡ Aqua Fitness w/Shameka 6 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 ♡ Upper Body Focus [WC] 7 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 8 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 9 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	
		11:15 Balance & Fall Prevention Training [WC] 11 1:30 ♡ Cardio Drumming [WC]		Columbus Day 12 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 ♡ Aqua Fitness w/Shameka 13 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 ♡ Upper Body Focus [WC] 14 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 ♡ Wellness Chat [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 15 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 16 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	
		11:15 Balance & Fall Prevention Training [WC] 18 1:30 ♡ Cardio Drumming [WC]		9:30 ♡ Upper Body Focus [WC] 19 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 ♡ Aqua Fitness w/Shameka 20 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 ♡ Upper Body Focus [WC] 21 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 22 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 23 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	
		11:15 Balance & Fall Prevention Training [WC] 25 1:30 ♡ Cardio Drumming [WC]		9:30 ♡ Upper Body Focus [WC] 26 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 ♡ Aqua Fitness w/Shameka 27 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 ♡ Upper Body Focus [WC] 28 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 29 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 30 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	
COMING UP IN NOVEMBER  Drop by for Pie & Chai Open House & Community Tours Thursday, November 12 1:00 – 3:00 PM RSVP by November 5 770-461-0039		11:15 Balance & Fall Prevention Training [WC] 25 1:30 ♡ Cardio Drumming [WC]		9:30 ♡ Upper Body Focus [WC] 26 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 ♡ Aqua Fitness w/Shameka 27 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 ♡ Upper Body Focus [WC] 28 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 29 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]		9:30 ♡ Aqua Fitness w/Shameka 30 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	
												Halloween 31 11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]	