


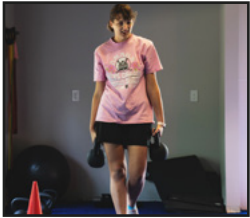
October 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <ul style="list-style-type: none"> Rise & Flow 9-9:45am Fundamentals 10-10:45am Fundamentals 6-6:45pm 	2 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Amplified 5-5:45pm 	3 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am 	4 <ul style="list-style-type: none"> Fundamentals 9:30-10:15am Amplified 10:30-11:15am Move, Make, Play DWW 11:30am-12:15pm
5 RISE CLOSED No programming	6 <ul style="list-style-type: none"> Fundamentals 9-9:45am Fundamentals 10-10:45am Fundamentals 3:30-4:15pm Fundamentals 5-5:45pm Fundamentals 6-6:45pm 	7 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Rise & Flow 4:30-5:15pm Amplified 6-6:45pm 	8 <ul style="list-style-type: none"> Rise & Flow 9-9:45am Fundamentals 10-10:45am DeafBlind Project Training 1:30-2:30pm Fundamentals 6-6:45pm 	9 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Amplified 5-5:45pm 	10 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am 	11 <ul style="list-style-type: none"> Fundamentals 9:30-10:15am Amplified 10:30-11:15am Move, Make, Play DWW 11:30am-12:15pm
12 RISE CLOSED No programming	13 <ul style="list-style-type: none"> Fundamentals 9-9:45am Fundamentals 10-10:45am Bingham Place 1-1:45pm Fundamentals 3:30-4:15pm Fundamentals 5-5:45pm Fundamentals 6-6:45pm 	14 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Rise & Flow 4:30-5:15pm Amplified 6-6:45pm 	15 <ul style="list-style-type: none"> Rise & Flow 9-9:45am Fundamentals 10-10:45am Fundamentals 6-6:45pm 	16 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Amplified 5-5:45pm 	17 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am 	18 <ul style="list-style-type: none"> Fundamentals 9:30-10:15am Amplified 10:30-11:15am Move, Make, Play DWW 11:30am-12:15pm
19 RISE CLOSED No programming	20 <ul style="list-style-type: none"> Fundamentals 9-9:45am Fundamentals 10-10:45am Rise For Life 11-11:45am Fundamentals 3:30-4:15pm Fundamentals 5-5:45pm Fundamentals 6-6:45pm 	21 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Rise & Flow 4:30-5:15pm Amplified 6-6:45pm 	22 <ul style="list-style-type: none"> Rise & Flow 9-9:45am Fundamentals 10-10:45am Rise For Life 11-11:45am Fundamentals 6-6:45pm 	23 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Amplified 5-5:45pm 	24 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am 	25 <ul style="list-style-type: none"> Fundamentals 9:30-10:15am Amplified 10:30-11:15am Move, Make, Play DWW 11:30am-12:15pm
26 RISE CLOSED No programming	27 <ul style="list-style-type: none"> Fundamentals 9-9:45am Fundamentals 10-10:45am Rise For Life 11-11:45am Fundamentals 3:30-4:15pm Fundamentals 5-5:45pm Fundamentals 6-6:45pm 	28 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Rise & Flow 4:30-5:15pm Amplified 6-6:45pm 	29 <ul style="list-style-type: none"> Rise & Flow 9-9:45am Fundamentals 10-10:45am Rise For Life 11-11:45am Fundamentals 6-6:45pm 	30 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am Fundamentals 3:30-4:15pm Amplified 5-5:45pm 	31 <ul style="list-style-type: none"> Fundamentals 9-9:45am Rise & Flow 10-10:45am 	

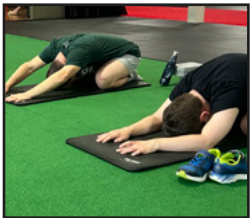
● Special Programming is typically available from 1:00pm - 5:00 when classes are not scheduled. This time is available for our partner organizations, one-on-one training, and semi-private classes.

Class Offerings



● **FUNDAMENTALS** • 45 Minutes

Our core training offering which focuses on a variety of foundational components, such as strength, power development, coordination, mobility, skill transfer, and games. Utilizing stations, athletes rotate through exercises that are designed to transfer over to activities of daily living, all in a fun and encouraging atmosphere.



● **RISE & FLOW** • 45 Minutes

These sessions focus on yoga, somatic practices, mindfulness, and calming techniques. Practices learned in Rise & Flow are created for a neurodiverse population and meant to assist with coping skills and how to respond to stress, tension, worry, anxiety and depression. Yoga poses and somatic movement helps support rest, relaxation, digestion supports, and mobility.



● **AMPLIFIED** • 45 Minutes

Built on the foundational movements that comprise our Fundamentals class, athletes who attend Amplified will also be introduced to more complex movements with a fun mix of higher-intensity interval training elements.

**Contact us prior to booking a class with Amplified.*



● **RISE FOR LIFE** • 45 Minutes

This class is designed for adults (ages 65+) who want to strive to continue living life abundantly. Rise For Life focuses on functional movements that will translate to everyday life. We will incorporate adaptive and inclusive principles to help everyone move better, feel better, and live better. No experience necessary!



● **SPECIAL PROGRAMMING**

This block of time is dedicated to working with our partner organizations and their clients. We also have opened this time for personal training sessions, which are either one-on-one or semi-private group training.