

Use the below sample **WALK! Calendar** to help plan the week's activities:

2026 WALK EVENT CALENDAR

TIME	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9
10:00 AM CST	Seated Pilates EnerG Pilates is a low-impact, full-body movement-based class. The components of EnerG Pilates focuses on breath, spinal alignment & stabilization, mobility, and engagement of the core. All movements are done with the intention of connecting the breath with the body, while using a variety of ranges of motion and isometric resistance.	Shake, Rattle & Roll with Chair One Dance Fitness Get ready to twist, bop, and jive from your seat! This high-energy Chair One Dance class brings the spirit of the 1950's to life with classic rock & roll hits that will have you smiling and moving to the beat. Participants will follow along with simple, seated choreography designed to improve coordination, boost mood, and keep bodies active—all while having a blast. Whether you're tapping your toes or swinging your arms, this fun-filled dance experience is perfect for all mobility levels. Let's rock around the clock together!	Functional Fitness Functional Fitness focuses on improving strength, balance, flexibility, and mobility to support everyday activities like walking, lifting, reaching, and getting up from a chair. The class uses low-impact, controlled exercises that are tailored to an appropriate level for each participant. We utilize household items as light weights, as well as resistance bands and/or bodyweight for the exercises, with an emphasis placed on safety, proper form, building confidence, and helping participants maintain independence, reduce fall risk, and enhance overall quality of life in a supportive, social environment.	Having a Ball: Pass, Press & Play Move, stretch, and have fun in this seated fitness class! Using a soft exercise ball, we'll build strength, improve flexibility, and boost coordination through easy, full-body movements like presses, passes, squeezes, and gentle reaches. From arm and shoulder work to leg and balance exercises, each session keeps you active and engaged. We occasionally add resistance bands for extra variety and challenge! Enjoy a positive, supportive environment where you can move at your own pace, feel stronger, and stay independent—all while having a great time!	Ocean Motion: An Under the Sea Fitness Adventure Dive into a fun-filled seated fitness class inspired by the wonders of the ocean! Participants will "paddle" through gentle waves, "cast fishing nets," "navigate sailboats," and "swim" alongside playful sea creatures—all from the comfort and safety of a chair. This engaging workout combines cardiovascular exercise, strength movements, flexibility, and coordination while using imaginative ocean-themed activities to keep everyone smiling and moving. No life jacket required—just bring your sense of adventure!
LEADER	Amy Simmons	Crystal Dawson	Chelsey Bale	Jase McClure	Sarah DeCollibus
DAILY THEME	At the Movies	Diners, Drive-ins, & Doo-Wop (50's)	A Day at the Fair	Field Day Frenzy	Under the Sea