



# Well-Being Club Calendar | JUL 2025

The Well-Being Club offers members a fun and easy way to improve their health and feel connected to a community. You can learn new skills, tune in to virtual events, explore social groups, and more! Don't miss out on all the fun things the Well-Being Club has to offer.

*Live Workouts Every Week @ 9 a.m. PT, 10 a.m. MT, 11 a.m. CT, 12 p.m. ET*



Visit <https://bit.ly/wbc2025> or **scan the QR Code** to enroll in the Well-Being Club and to register for events.



Strength  
& Balance



Cardio  
Fusion



Strength  
Circuits



Mind Body  
Fusion

**03 Thu**

1 p.m. PT / 2 p.m. MT / 3 p.m. CT / 4 p.m. ET

## Sound Bowl Meditation

Relax and restore with a soothing sound bowl meditation session designed to reduce stress and promote inner peace.

**08 Tue**

9 a.m. PT / 10 a.m. MT / 11 a.m. CT / 12 p.m. ET

## Sustainable Eating

Explore how to eat well for your health and the planet - plus share your own sustainable tips and ideas!

**15 Tue**

9 a.m. PT / 10 a.m. MT / 11 a.m. CT / 12 p.m. ET

## Finding Your Fit

Get expert tips on choosing the right classes, instructors, and curated programs in the Silver&Fit on-demand video library.

**22 Tue**

10 a.m. PT / 11 a.m. MT / 12 p.m. CT / 1 p.m. ET

## Smart Kitchen Tips for Every Cook

Learn essential kitchen safety tips to cook confidently and avoid common kitchen hazards.

**25 Fri**

10 a.m. PT / 11 a.m. MT / 12 p.m. CT / 1 p.m. ET

## Coffee Talk: Modifications

Explore exercise modifications for common limitations like knees, shoulders, & back so you can move safely and confidently.

**29 Tue**

9 a.m. PT / 10 a.m. MT / 11 a.m. CT / 12 p.m. ET

## Coaching Talk with Emily Adams

Learn mindful ways to improve communication, reduce stress, and build stronger connections through everyday awareness.