



Well-Being Club Calendar | OCT 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

M Strength & Balance

W Cardio Fusion

TH Strength Circuits

F Mind Body Fusion



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

02 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.

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

Live Tour: Florence, Italy

Experience Florence's art, culture, and historic streets in a live, virtual journey through this Renaissance city.

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

Getting Out of Your Funk

Learn tools to shift your mindset, reset your attitude, and find your way forward when you're feeling stuck.

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

Discussion: Exploring Beyond Limits

Join Dr. Kenneth R. Pelletier to hear incredible stories of adventure and learn how bold experiences can improve both mental and physical well-being.

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

Coffee Talk: Static Stretching

Discover safe static stretches to improve flexibility, posture, and recovery while easing tension and stiffness.

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

An Inspiring Health Journey with Dr. Metz

Join Dr. Douglas Metz as he shares his personal health journey filled with challenges, resilience, and inspiration.