

HEALTH & FITNESS

THE MERION | *October 2018 Schedule*

Date/Time	Event/Activity	Location
Sundays in October at 1pm	Balance, Fitness & Strength with David	The Fitness Center
Sundays in October at 4pm	Simply Yoga with Elana	The Fitness Center
Mondays in October at 10am	Head 2 Toe Fitness with Nichola	The Fitness Center
Mondays in October at 11am	Portraits in Aging with Anne	The Fitness Center
Tuesdays in October at 9:30am	Integrated Movement for Mind & Body w/Barbara	The Fitness Center
Tuesdays in October at 10:30am	Healthy Tuesdays	The Sapphire Room
Wednesdays in October at 10:30am	Nurse Practitioner Visit	The Fitness Center
Thursdays in October at 9:30am	Tai Chi with Mike McGinn	The Fitness Center
Thursdays in October at 2pm	Memory Care Movement w/Barbara	The Fitness Center
Fridays in October at 10am	Aqua Aerobics with Nichola	The Merion Pool
Fridays in October at 1pm	Workout Wonders with Johnny	The Fitness Center
Wednesday, October 3 at 1pm	Aquatic Fitness with Nichola	The Merion Pool
Thursday, October 4 at 11am	Podiatrist Visit	The Wellness Center
Saturday, October 6 at 1pm	Fit Club with Daniel	The Fitness Center
Tuesday, October 9 at 7pm	Healthy Tuesday's Presents GEN Silent Documentary	The Crystal Ballroom
Wednesday, October 10 at 1pm	Tai Chi with Mike McGinn	The Fitness Center
Friday, October 12 at 10:30pm	Walking with The Merion	The Merion Lobby
Saturday, October 13 at 1pm	Defining Your Pilates & Fitness with Daniel	The Fitness Center
Wednesday, October 17 at 1pm	Aquatic Fitness with Nichola	The Merion Pool
Saturday, October 20 at 1pm	Fit Club with Daniel	The Fitness Center
Wednesday, October 24 at 10am	Chair Zumba Fitness	The Fitness Center
Wednesday, October 24 at 10am	MerionCares Presents; Merion Wellfest 2018	The Merion
Wednesday, October 24 at 1pm	Tai Chi with Mike McGinn	The Fitness Center
Saturday, October 27 at 1pm	Defining Your Pilates & Fitness with Daniel	The Fitness Center
Wednesday, October 31 at 1pm	Aquatic Fitness with Nichola	The Merion Pool



1611 Chicago Avenue, Evanston | 847.864.6400 | MerionEvanston.com

Health & Fitness events are reserved for Merion Residents and Invited Guests

If you are interested in exploring life at The Merion, please contact us for a complimentary guest pass at 847-864-6400. Monthly schedule is subject to change.