



HORTON PLAZA FITNESS CALENDAR

SEPTEMBER 2026

Stronger
Healthier
Happier
Together



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 2:00 Knockout Parkinson's (FC)	2 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	3 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	4 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 4:00 Sunset Yoga Flow (SD)
7 ★ HAPPY ★ LABOR DAY! BUILDING A STRONGER TOMORROW	8 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	9 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 2:00 Knockout Parkinson's (FC) 4:00 Sunset Yoga Flow (SD)	10 BLACK & WHITE DINNER 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	11 10:00 Hiking Club East Applegate 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinson's (FC) 4:00 Sunset Yoga Flow (SD)
14 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (SD)	15 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	16 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 2:00 Knockout Parkinson's (FC) 4:00 Sunset Yoga Flow (SD)	17 FALL FESTIVAL 9:45 PC Circuits (FC) 10:30 "FALLING INTO FITNESS" (FC) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	18 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinson's (FC) 3:00 GingTalk: Why 3 Minutes a Day Can Improve Your Health 4:00 Sunset Yoga Flow (SD)
21 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (SD)	22 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	23 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 2:00 Knockout Parkinson's (FC) 4:00 Sunset Yoga Flow (SD)	24 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath Meditation (TR)	25 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Knockout Parkinson's (FC) 3:00 Fitness Role: True or False (EB) 4:00 Sunset Yoga Flow (SD)
28 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Sound Bath Meditation (TR) 4:00 Sunset Yoga Flow (SD)	29 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	30 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 2:00 Knockout Parkinson's (FC) 4:00 Sunset Yoga Flow (SD)	 Please contact Ging if you have any questions or for 1-1 training.	 1122 Spring Street Medford, OR 97504  (541) 770-1122  www.hortonplaza.info

FC Fitness Center

EB Elsie Butler Hall

CY Courtyard

TR Theater Room

RH Retta Horton Room

SD Sundeck