



HORTON PLAZA FITNESS CALENDAR

OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath (TR)	2 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 4:00 Sunset Yoga Flow (SD)	3
4	5 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Positive Impact of Pets (EB) 4:00 Sunset Yoga Flow (SD)	6 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 1:00 Resources of Life Long Learning (EB) 2:00 Move & Play (RH)	7 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Functional Stick Mobility w/ Ging (EB) 4:00 Sunset Yoga Flow (SD)	8 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Benefits of Physical Therapy & Balance Training (EB)	9 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 4:00 Speed Friending Mixer w/ Erin (EB)	10 1:00 Sound Bath Meditation w/ Ging (TR)
11 1:00 Park Beautification (OS)	12 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 4:00 Sunset Yoga Flow (SD)	13 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	14 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 4:00 Sunset Yoga Flow (SD)	15 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath (TR)	16 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 4:00 Sunset Yoga Flow (SD)	17
18	19 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 4:00 Sunset Yoga Flow (SD)	20 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	21 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 4:00 Sunset Yoga Flow (SD)	22 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 2:00 GingTalk: Who Remembers This? (EB)	23 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 1:00 Hiking Club: Mt. Ashland (OS) 4:00 Sunset Yoga Flow (SD)	24
25	26 10:00 Dancercise (EB) 10:30 Weights (EB) 11:00 Stretch (EB) 4:00 Sunset Yoga Flow (SD)	27 9:45 PC Circuits (FC) 10:30 Balance (EB) 11:00 Chair Yoga (EB) 2:00 Move & Play (RH)	28 10:30 Weights (EB) 11:00 Stretch (EB) 1:00 Qigong (EB) 4:00 Sunset Yoga Flow (SD)	29 9:45 PC Circuits (FC) 10:30 Circuits (CY) 11:00 Latin Chair Cardio (EB) 1:00 Sound Bath (TR)	30 10:00 Stick Mobility (EB) 10:30 Chair Pilates (EB) 11:00 Chair Volleyball (EB) 2:00 Monster Survival Squad Showdown w/ Ging (EB) 4:00 Sunset Yoga Flow (SD)	31

ROOM KEY:



Fitness Center



Elsie Butler Hall



Courtyard



Theater Room



Retta Horton Room



Sundeck



Offsite

Please contact Ging if you have any questions or for 1-1 training.



(541) 770-1122



1122 Spring Street, Medford, OR 97504



www.hortonplaza.info





HORTON PLAZA FITNESS

CLASS DESCRIPTIONS



EB WEIGHTS Build strength and support bone health.	EB LATIN CHAIR CARDIO Dance to Latin rhythms seated or using a chair.	EB CHAIR VOLLEYBALL A fun, social game to build coordination and upper body strength.
EB STRETCH Gentle stretches to improve flexibility and posture.	EB CHAIR YOGA Gentle yoga for flexibility, balance and relaxation.	TR SOUND BATH MEDITATION Relax with calming sounds to reduce stress and rest.
EB QIGONG Gentle movement and breathing for balance and well-being.	EB CHAIR PILATES Low-impact exercises to strengthen your core.	SD SUNSET YOGA FLOW A gentle outdoor yoga flow as the sun sets.
FC PC CIRCUITS Boxing-inspired class to improve strength, balance and coordination.	EB STICK MOBILITY Improve mobility, posture and stability using a stick.	FC KNOCKOUT PARKINSON'S Boxing-inspired class to improve strength, balance and confidence. All levels welcome!
CY CIRCUITS A fun, energizing workout to improve endurance.	RH MOVE & PLAY Fun movement and coordination exercises to keep you active and smiling!	EB GINGTALK Informative talks with Ging on health, wellness and lifestyle topics.
EB DANCERCISE Fun dance moves to improve cardiovascular health and mood.	EB BALANCE Exercises to improve stability and prevent falls.	Stronger Healthier Happier Together



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