

OCTOBER at The Plex

Tennis

Velocity® Tennis Pizza and a Movie **Friday, October 7, 6-9 pm**

Join us for an evening of tennis games on red, orange, green and yellow courts followed by pizza and a movie. Ages 6-13. Cost: \$10 M, \$15 NM

Adult Tennis Mixer **Friday, October 13, 7-10 pm**

Join the Tennis Pros for round robin tennis at our next Adult Mixer. All levels welcome. Register at the front Desk by Oct. 11. Cost: \$18 M & NM

Fall Session II Tennis Begins! **Wednesday, October 25**

Fall Session II starts Wednesday October 25 and registration is now open. Reserve a spot for your favorite tennis program at the HealthPlex.

Basketball

Recreational Basketball League Tip Off Event **Tuesday, October 17, 7-9 pm**

7-7:30pm: Coach Mike's 3-on-3 Co-Ed Exhibition

7:30-8pm: Coach Mikes Sports Trivia with Prizes!

8pm: Coach Mike's Preview of Celtics vs Cavs NBA Opener. Kyrie Irving's 1st game against former teammate LeBron James!

8-9pm: Beer, Wine and Snacks as we enjoy the game together

Complimentary. Members and Non-Members welcome.

Adult Recreational Basketball League **Begins Friday, October 20, 6-7:30 pm**

Coach Mike will rate players and create even-skilled teams. All ages and levels are welcome!

Fitness

Running Workshop **October 9 – November 15**

Mondays & Wednesdays, 7-8pm

Get a little extra training help and motivation in this workshop with Veronica. Whether you are training to walk or run an upcoming race, or just want to get better at it, this class will focus on improving speed and endurance, as well as teaching proper warm ups, strength training and stretching for running! Celebrate your hard work and training by joining Veronica in the Cincinnati Turkey Trot on Nov 23! Cost: \$180 M, \$225 NM

Yoga for All Weekend Retreat **October 20, 21, 22**

Friday, 5:30-8 pm: Aerial Yoga followed by a campfire meditation, s'mores, wine and lanterns

Saturday, 10:30-11:30 am: Chakra Healing Sequence featuring aromatherapy, mantras and mudras to help you get in touch with your energy centers and channel more creativity, confidence and joy into your life.

Sunday, 10:30-11:30 am: Tender Yoga Healing Touch with gentle poses to increase flexibility, ease pain, and decrease stress. A great class for everyone, including those with arthritis, osteoporosis and multiple sclerosis. Cost/Class: \$12 M, \$15 NM

Cost for Weekend Pass: \$20 M, \$25 NM

West Coast Swing **Friday, October 27, 7-8pm**

Learn how to improve your dancing using the 3T's: Timing (rhythm and tempo), Technique and Teamwork along with some styling and play ideas too! There will be something for all levels of dancer. Basic WCS knowledge required. Geared toward the advanced beginner to intermediate/advanced level. No partner necessary. No Cost open to the community.



MERCYHEALTH

Fairfield HealthPlex

Stop by the Front Desk for details.