



BYL FIT & REC

WELCOME TO OCTOBER

Your monthly schedule and wellness update

Notice what supports you. Make room for what matters.

What's Happening This Month

FIT4LIFE

STRENGTH & STAMINA

OCTOBER 13 - DECEMBER 20

KEYS TO HAPPINESS

WORKSHOP+ 7-DAY PRACTICE

OCTOBER 17 9:00 AM

October: Keys to Happiness

Join us for Your Health Is Your Wealth® — October: Keys to Happiness, beginning with a live online workshop on Saturday, October 17 at 9:00 AM.

Happiness doesn't look the same for everyone. During Keys to Happiness, we'll explore ten areas that can contribute to happier, more fulfilling living and consider how they may already show up in your everyday life.

This is not about measuring how happy you are or trying to be happy all the time. You'll have opportunities to reflect on what happiness and wellbeing mean to you, notice what already supports you, and discover what you may want to explore a little more.

Choose how you'd like to participate:

FREE Workshop — Learn + Reflect

- Live Keys to Happiness Zoom workshop
- 25 Ways to Explore Happiness take-home resource

Complete Experience — \$19 — Learn + Reflect + Guided Practice

- Everything included with the Free Workshop
- 7-Day Keys to Happiness Guided Practice
- Daily guided emails, October 18–24

During the seven-day practice, you'll try simple experiences connected to everyday wellbeing and notice what feels meaningful, useful, enjoyable, or worth continuing.

Choose. Try. Notice. Keep what supports you.

Current FIT4LIFE participants receive the Complete Experience as part of their program and do not need to purchase it separately.

October Classes & Events

Use the monthly calendar for a quick visual schedule. Complete locations, dates, and access details are listed below.

In-Person Classes

- Swansea COA — Drums Alive (Mondays, 9:00 AM)
- Free town COA — Drums Alive (Mondays, 11:00 AM)
- Seekonk COA — Strength & Cardio (Mondays, 1:00 PM)
- Seekonk COA — Stability & Balance (Wednesdays, 8:45 AM)
- Seekonk COA — Drums Alive (Wednesdays, 9:30 AM)
- Seekonk COA — Cardio Dance (Fridays, 9:00 AM)
- Walpole COA — Drums Alive (August 11, 18, and 25, 1:00 PM)

Monthly and Biweekly Classes

- Raynham COA — Drums Alive (October 13 & 29, 2:30 PM)
- Canton COA — Drums Alive (October 22, 12:00 PM)
- Canton COA — Stability & Balance (October 22, 1:15 PM)
- Dighton COA — Drums Alive (October 23, 1:00 PM)

Private Classes

- ~~Willows Crossing — Drums Alive (no class)~~
- Birch Grove — Drums Alive (October 13 & 27, 11:00 AM)
- Cornerstone Milford — Drums Alive (October 24, 10:30 AM)
- White Oak Cottage — Drums Alive (October 25, 10:30 AM)

Zoom Classes

- Monday–Thursday — FIT4LIFE: Strength & Stamina at 6:30 PM
- Friday and Saturday — Drums Alive at 8:00 AM

Schedule Notes

- No classes Oct 1-2
- No classes Oct 10-12 (Columbus Day Weekend)

How You Can Get Involved

Connect in the Community: Our supportive community is here to share, motivate, and uplift. Whether you are a seasoned fitness enthusiast or just starting, you'll find encouragement and inspiration from like-minded individuals.

Stay informed: Keep an eye on the weekly calendar for schedule updates, program reminders, and practical wellness information.