

BYL FIT & REC

WELCOME TO SEPTEMBER

Your monthly schedule and wellness update

"September arrives with quieter mornings, changing light, and a gentle invitation to notice what this new month may bring."

What's Happening This Month

FIT4LIFE

STRENGTH & STAMINA

JULY 19–SEPTEMBER 26

SLEEP, REST, AND RECOVERY

WORKSHOP+ 6-DAY PRACTICE

SEPTEMBER 12 9:00 AM

September: Sleep, Rest, and Recovery

Join us for Your Health Is Your Wealth® — September: Sleep, Rest & Recovery, beginning with a live Zoom workshop on Saturday, September 12 at 9:00 AM Eastern.

During the workshop, you will notice your current sleep, rest, and recovery patterns, explore the different ways your mind and body may need recovery, and identify realistic support that fits your life.

This is not a sleep challenge. You will not be expected to create a perfect routine or achieve a certain number of hours of sleep. Sleep, rest, and recovery are explored as connected—but personal—parts of your overall wellness story.

Free workshop registration includes:

- The live Sleep, Rest & Recovery workshop
- My Sleep, Rest & Recovery Check-In
- The Workshop Companion used during the presentation

The Complete Guided Experience — \$19 includes:

- Everything included with free workshop registration
- My Sleep, Rest & Recovery Practice
- Six days of guided emails from September 13–18
- Daily ideas and reflection prompts to help you continue exploring what supports your recovery

Current FIT4LIFE participants receive this Monthly Wellness Focus at no additional cost and do not need to purchase it separately.

September 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 (September 8, 15, 22, 29, 1:00 PM)

Monthly and Biweekly Classes

- Raynham COA — Drums Alive (September 8 and 22, 2:30 PM)
- Dighton COA — Drums Alive (September 18, 1:00 PM)
- Canton COA — Drums Alive (September 24, 12:30 PM)
- Canton COA — Stability & Balance (September 24, 1:15 PM)

Private Classes

- North Hill — Drums Alive (September 9, 12:30 PM)
- Willows Crossing — Drums Alive (September 10, 11:00 AM)
- Birch Grove — Drums Alive (September 15 and 29, 11:00 AM)
- Cornerstone Milford — Drums Alive (September 26, 10:30 AM)
- White Oak Cottage — Drums Alive (September 27, 10:30 AM)

Zoom Classes

- Fit4Life
 - Monday /Wednesday 7:00 PM; Tuesday/Thursday 8:00 AM
- Friday and Saturday — Drums Alive at 8:00 AM

Schedule Notes

- No classes Sept 4-7.
- No classes Sept 30.

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.