






October 2025

Fall Into Fitness



Keep your workouts going strong this October with weekly add-on exercises, and look for a new wellness tip every Wednesday to help you build healthy habits that last beyond the season.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 WELLNESS TIP WEDNESDAY 1 Buy in-season food. Beets, broccoli, cabbage, eggplant, kale, pumpkin, broths, roasted squash, roots and sautéed dark leafy greens are all great choices.	2 10 arm circles, 10 knee raises	3 10 chair squats, 10 side twists	4 12 arm circles, 12 knee raises
5 12 chair squats, 12 side twists	6 14 arm circles, 14 knee raises	7 14 chair squats, 14, side twists	 WELLNESS TIP WEDNESDAY 8 Stay hydrated. Aim to drink at least eight glasses of water throughout the day.	9 16 arm circles, 16 knee raises	10 16 chair squats, 16 side twists	11 18 arm circles, 18 knee raises
12 18 chair squats, 18 side twists	13 20 arm circles, 20 knee raises	14 20 chair squats, 20 side twists	 WELLNESS TIP WEDNESDAY 15 Get your flu shot and yearly check-up.	16 22 arm circles, 22 knee raises	17 22 chair squats, 22 side twists	18 24 arm circles, 24 knee raises
19 24 chair squats, 24 side twists	20 26 arm circles, 26 knee raises	21 26 chair squats, 26 side twists	 WELLNESS TIP WEDNESDAY 22 Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change.	23 28 arm circles 28 knee raises	24 28 chair squats, 28 side twists	25 30 arm circles, 30 knee raises
26 30 chair squats, 30 side twists	27 32 arm circles, 32 knee raises	28 32 chair squats, 32 side twists	 WELLNESS TIP WEDNESDAY 29 Be kind to yourself. Listen to your body and give it what it needs.	30 34 arm circles, 34 knee raises	31 34 chair squats, 34 side twists	

Visit www.beachcitiesgym.com/challenge for more information on these exercises.