

Club 24 Cardio Cinema - October 2026

Blockbusters • Classics • Non-Stop Motivation

Jump in anytime. October starts with big laughs, fights and fast-moving blockbusters - then Cardio Cinema turns up the chills with a Halloween takeover for the second half of the month.

DATE	MOVIE + QUICK HYPE
Fri, Oct 2	Dodgeball: A True Underdog Story (2004) - Vince Vaughn and Ben Stiller turn an underdog gym rivalry into nonstop laughs and ridiculous competition.
Mon, Oct 5	Creed III (2023) - Michael B. Jordan steps back into the ring for hard-hitting training, rivalry and championship-level energy.
Wed, Oct 7	Now You See Me (2013) - Four illusionists pull off impossible heists in a slick, fast-moving crowd-pleaser packed with twists.
Fri, Oct 9	The Runner (2026) - A high-energy new thriller built around pursuit, pressure and nonstop momentum.
Mon, Oct 12	The Get Out (2026) - Russell Crowe headlines a tense new action-thriller loaded with danger, suspense and big-screen energy.
Wed, Oct 14	Love and Monsters (2020) - A monster-filled adventure with action, humor and giant-creature chaos - the perfect bridge into Halloween.
HALLOWEEN TAKEOVER - MONSTERS, THRILLS & CHILLS TAKE OVER CARDIO CINEMA	
Fri, Oct 16	Hotel Transylvania (2012) - HALLOWEEN TAKEOVER BEGINS! Dracula and the gang kick off our spooky stretch with monster laughs and fast-paced fun.
Mon, Oct 19	World War Z (2013) - THE ZOMBIES ARRIVE. Brad Pitt races across the globe as the undead turn cardio night into a full-speed survival sprint.
Wed, Oct 21	Sleepy Hollow (1999) - HEADS WILL ROLL. Johnny Depp enters a fog-soaked supernatural mystery filled with eerie atmosphere and gothic thrills.
Fri, Oct 23	A Quiet Place: Day One (2024) - THE CITY GOES SILENT. The invasion begins in a tense creature thriller where every sound can be deadly.
Mon, Oct 26	The Silence of the Lambs (1991) - HALLOWEEN WEEK. Anthony Hopkins and Jodie Foster headline one of the most unforgettable psychological thrillers ever made.
Wed, Oct 28	Scream (1996) - THE SLASHER CLASSIC. Ghostface stalks Woodsboro in the sharp, suspenseful horror favorite that changed the genre.
Fri, Oct 30	The Mummy (2017) - HALLOWEEN FINALE. Tom Cruise faces an ancient evil in a supernatural action spectacle built for one last spooky cardio night.

Real Gyms. Real Goals. Real Results.

Schedule subject to change. See club or website for updates.