

Sunday	Monday	Tuesday	January 2026 Wednesday	Thursday	Friday	Saturday
Torus Yoga by Shelton 9am-10am  Erwin Angola 5pm- 7pm	Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	CLOSED	Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	1 NEW <b>YEARS DAY</b> TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	2 Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm	3 Emily: SoulSculpt 8:30am- 9:30am  Emotional Emancipation Circles 10am- 1130am
4  Torus Yoga by Shelton 9am-10am  Emily: Sacred Reset Circle 3pm- 4pm  Erwin Angola 5pm- 7pm	5 Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	6 CLOSED	7 Emily: SoulSculpt 8:30am- 9:30am  Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	8 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	9 Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm	10 Emily: SoulSculpt 8:30am- 9:30am  Emotional Emancipation Circles 10am- 1130am
11  Torus Yoga by Shelton 9am-10am  Emily: Sacred Reset Circle 3pm- 4pm  Erwin Angola 5pm- 7pm	12 Emily: SoulSculpt 8:30am- 9:30am Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Healing Circle 230pm- 330pm	13 CLOSED	14 Emily: SoulSculpt 8:30am- 9:30am Strength Training 10am-11am SilverSneakers Classic 1pm-2pm Healing Circle 230pm- 330pm	15 TurboKick (HIIT) 10am-11am  Erwin Angola 630pm- 8pm	16 Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm	17 Emily: SoulSculpt 8:30am- 9:30am  Emotional Emancipation Circles 10am- 1130am
18  Torus Yoga by Shelton 9am-10am  Emily: Sacred Reset Circle 3pm- 4pm  Erwin Angola 5pm- 7pm	19 Emily: SoulSculpt 8:30am- 9:30am  Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	20 CLOSED	21 Emily: SoulSculpt 8:30am- 9:30am  Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	22 TurboKick (HIIT) 10am-11am Erwin Angola 630pm- 8pm	23 Strength Training 10am-11am  SilverSneakers Classic 1pm-2pm	24 Emily: SoulSculpt 8:30am- 9:30am  Emotional Emancipation Circles 10am- 1130am
25  Torus Yoga by Shelton 9am-10am  Emily: Sacred Reset Circle 3pm- 4pm  Erwin Angola 5pm- 7pm	26 Emily: SoulSculpt 8:30am- 9:30am  Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	27 CLOSED	28 Emily: SoulSculpt 8:30am- 9:30am  Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Healing Circle 230pm- 330pm	29 TurboKick (HIIT) 10am-11am  Chi Town Steppin 6pm-7pm	30 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm  Emily: SoulSculpt 8:30am- 9:30am Emotional Emancipation Circles 10am- 1130am	31