

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