

January 2026

FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 10am Aqua Fitness	2 8:30am Video Exercise Class 10am Aqua Zumba w/Karen	3
4	5 8:30am Video Exercise Class 10am Aqua Fitness	6 10am Aqua Fitness	7 8:30am Video Exercise Class 10am Aqua Fitness	8 10am Aqua Fitness	9 8:30am Video Exercise Class 10am Aqua Zumba w/Karen	10
11 8:30am Yoga w/Demet	12 9am Mat Pilates w/Demet 10am Aqua Fitness	13 10am Aqua Fitness	14 10am Aqua Fitness	15 9am-Light Weights w/Demet 10am Aqua Fitness	16 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	17
18 8:30am Yoga w/Demet	19 9am Mat Pilates w/Demet 10am Aqua Fitness	20 10am Aqua Fitness	21 10am Aqua Fitness	22 9am-Light Weights w/Demet 10am Aqua Fitness	23 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	24
25 8:30am Yoga w/Demet	26 9am Mat Pilates w/Demet 10am Aqua Fitness	27 10am Aqua Fitness	28 10am Aqua Fitness	29 9am-Light Weights w/Demet 10am Aqua Fitness	30 9:30am Yoga w/Demet 10am Aqua Zumba w/Karen	31
1	2	Notes BLUE: FITNESS GREEN: GROUPS & CLUBS RED: SPECIAL EVENTS PURPLE: FOOD TRUCKS	All dates, times & locations of activities & events listed are subject to change without notice			