

August 2026 FITNESS

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