

July 2026

FITNESS

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