

September 2026

Fitness

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