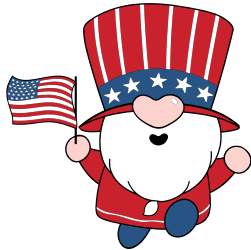


July 2026



Scan to access
calendar online



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 	2 	3 	4 	5 
6	7 12:00pm Functional Movement	8 9:30am Balance & Flow Yoga	9 12:00pm Functional Strength 6:30pm Relax & Renew Yoga	10 1:30 pm Tone Zone	11	12
13 5:30pm Circuit Zone	14 12:00pm Functional Movement 8:00 pm Line Dancing with Kristie	15 9:30am Balance & Flow Yoga	16 12:00pm Functional Strength	17	18 9:00 am Tone Zone	19
20 6:30pm Pilates Flow	21 12:00pm Functional Movement 8:00 pm Line Dancing with Kristie	22 9:30am Balance & Flow Yoga	23 12:00pm Functional Strength 6:30pm Relax & Renew Yoga	24 1:30 pm Tone Zone	25 9:00 am Tai Chi Fitness	26 11:30 am Pilates Flow
27 5:30pm Circuit Zone	28 12:00pm Functional Movement 8:00 pm Line Dancing with Kristie	29 9:30am Balance & Flow Yoga	30 12:00pm Functional Strength	31 		

August 2026



Scan to access
calendar online



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
										1	<u>9:00 am</u> <u>Tone Zone</u>	2	
3		4	<u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	5	<u>9:30am</u> <u>Balance & Flow Yoga</u>	6	<u>12:00pm</u> <u>Functional Strength</u>	7	<u>1:30 pm</u> <u>Tone Zone</u>	8	<u>9:00 am</u> <u>Tai Chi Fitness</u>	9	
10	<u>5:30pm</u> <u>Circuit Zone</u>	11	<u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	12	<u>9:30am</u> <u>Balance & Flow Yoga</u>	13	<u>12:00pm</u> <u>Functional Strength</u>	14		15	<u>9:00 am</u> <u>Tone Zone</u>	16	
17		18	<u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	19	<u>9:30am</u> <u>Balance & Flow Yoga</u>	20	<u>12:00pm</u> <u>Functional Strength</u> <u>6:30pm</u> <u>Relax & Renew Yoga</u>	21	<u>1:30 pm</u> <u>Tone Zone</u>	22	<u>9:00 am</u> <u>Tai Chi Fitness</u>	23	<u>11:30 am</u> <u>Pilates Flow</u>
24	<u>5:30pm</u> <u>Circuit Zone</u>	25	<u>12:00pm</u> <u>Functional Movement</u> <u>8:00 pm</u> <u>Line Dancing with Kristie</u>	26	<u>9:30am</u> <u>Balance & Flow Yoga</u>	27	<u>12:00pm</u> <u>Functional Strength</u>	28		29	<u>9:00 am</u> <u>Tone Zone</u>	30	
31	<u>6:30pm</u> <u>Pilates Flow</u>												

