

The  
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Center



**February 2026**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1- 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM		Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp	CLOSED
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1- 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM		Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BUNCO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp	Walking Club 9:30 - 10:15 am 5 - 6 pm - Beginners Karate - Ages 7 & Over 4pm - 6pm Sensei Private Sessions 6 - 7 pm - Advanced Karate Class	CLOSED
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1- 2 pm 4:15 - 4:45 pm - Karate OPEN 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM		Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BINGO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
CLOSED	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Chair Yoga 1- 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM		Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am PINOCHLE - 1- 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp	Walking Club 9:30 - 10:15 am 5 - 6 pm - Beginners Karate - Ages 7 & Over 4pm - 6pm Sensei Private Sessions 6 - 7 pm - Advanced Karate Class	CLOSED

Meemaw's Events are in **BLUE** / P.A.K.T. Events are in **BLACK**

As of 12/16/25