

# July 2026

Mon	Tue	Wed 1	Thu 2
<p><i>Stay curious and active;</i></p>	<p><i>fitness is a lifelong adventure</i></p>		
<p>6 Dance Cardio—10:00AM</p>	<p>7 Cardio Drumming—10:00AM EZ Aqua—11:15AM</p>	<p>8 Chair Yoga—9:30AM Aqua Fit—10:30AM</p>	<p>9 Cardio Drumming—10:00AM Chair Zumba—11:15AM</p>
<p>13 Dance Cardio—10:00AM</p>	<p>14 Cardio Drumming—10:00AM EZ Aqua—11:15AM</p>	<p>15 Chair Yoga—9:30AM Aqua Fit—10:30AM</p>	<p>16 Cardio Drumming—10:00AM Chair Zumba—11:15AM</p>
<p>20 Dance Cardio—10:00AM</p>	<p>21 <b>NO CLASSES</b></p>	<p>22 Chair Yoga—9:30AM Aqua Fit—10:30AM</p>	<p>23 Cardio Drumming—10:00AM Chair Zumba—11:15AM</p>
<p>27 Dance Cardio—10:00AM</p>	<p>28 Cardio Drumming—10:00AM EZ Aqua—11:15AM</p>	<p>29 Chair Yoga—9:30AM Aqua Fit—10:30AM</p>	<p>30 Cardio Drumming—10:00AM Chair Zumba—11:15AM</p>