

July 2026

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