

August 2026



Mon	Tue	Wed	Thu
3 Dance Cardio-10:00AM	4 Cardio Drumming-10:00AM EZ Aqua-11:15AM	5 NO CLASSES	6 Cardio Drumming-10:00AM Chair Zumba-11:15AM
10 Dance Cardio-10:00AM	11 Cardio Drumming-10:00AM EZ Aqua-11:15AM	12 Chair Yoga-9:30AM Aqua Fit-10:30AM	13 Cardio Drumming-10:00AM Chair Zumba-11:15AM
17 Dance Cardio-10:00AM	18 Cardio Drumming-10:00AM EZ Aqua-11:15AM	19 Chair Yoga-9:30AM Aqua Fit-10:30AM	20 Cardio Drumming-10:00AM Chair Zumba-11:15AM
24 Dance Cardio-10:00AM	25 Cardio Drumming-10:00AM EZ Aqua-11:15AM	26 Chair Yoga-9:30AM Aqua Fit-10:30AM	27 Cardio Drumming-10:00AM Chair Zumba-11:15AM
31 Dance Cardio-10:00AM	<i>"The longer I live, the more beautiful life becomes."</i>		<i>Frank Lloyd Wright</i>