

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1>Jan 2026</h1> <h2>WELLNESS CALENDAR</h2>			1 NEW YEARS DAY! 1pm- Chair Volleyball	2 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
5 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	6 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	7 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	8 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	9 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
12 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	13 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	14 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	15 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	16 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
19 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	20 9-10am Open Swim 10-12:30-Mall Walking & Buffalo Wild Wings Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billards w/George	21 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	22 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	23 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
26 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	27 9-10am Open Swim 10-12:30-Mall Walking & Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billards w/George	28 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3-5pm-Billards w/ George	29 9-11am-Open Swim 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billards w/George	30 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance

Contact Michelle for **GYM ORIENTATION** or questions 540-777-1459 or email mpotter@friendship.us