

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2026



NEW YEARS DAY!

					1	9:15am Chair Strength class (VILLAS) 2 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00PM Indoor Walk (WS) 3:00pm Chair Volleyball (CM)	2	Key: WS = Wellness studio CR= Community room TCL= Town center Lobby SR = Shenandoah room	3	
4	9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS)	5	9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS)	6	9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS)	7	9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Cornhole (SR)	8	9:15am Chair Strength class (VILLAS) 9 11am TOWN HALL 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM)	10
11	9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 3:00pm Chair Yoga @ Knollwood (SR)	12	9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm BEAN BAG BASEBALL (RG)	13	9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS) 3:30pm WELLNESS COMMITTEE MEETING (WS)	14	9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core (WS) 2:45pm Chair Cardio (WS)	15	9:15am Chair Strength class (VILLAS) 16 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM)	17
18	9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS)	19	9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS)	20	9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS)	21	9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core (WS) 2:45pm Chair Cardio (WS)	22	9:15am Chair Strength class (VILLAS) 23 10am Men and Woman Swim (POOL) 11:00am New Resident Meet and Greet (CR) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM)	24
25	9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS)	26	9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS)	27	9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:50pm Video taping in progress Wellness Studio closed	28	9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:50pm Video taping in progress Wellness Studio closed	29	9:15am Chair Strength class (VILLAS) 30 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM)	31