

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026

WELLNESS CALENDAR



9am-Water Aerobics 2	9-11am-Open Swim 3 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 4	9-11am-Open Swim 5 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 6 10am-Strength & Balance 11am-Strength & Balance
10am-Strength & Balance		10am-Strength & Balance		
11am-Water Walking		11am-Water Walking		
3-5pm-Billiards w/ George		3-5pm-Billiards w/ George		
9am-Water Aerobics 9	9-11am-Open Swim 10 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 11	9-11am-Open Swim 12 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 13 10am-Strength & Balance 11am-Strength & Balance
10am-Strength & Balance		10am-Strength & Balance		
11am-Water Walking		11am-Water Walking		
3-5pm-Billiards w/ George		3-5pm-Billiards w/ George		
9am-Water Aerobics 16	9-10am Open Swim 17 10-12:30-Mall Walking & Buffalo Wild Wings Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billiards w/George	9am-Water Aerobics 18	9-11am-Open Swim 19 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 20 10am-Strength & Balance 11am-Strength & Balance
10am-Strength & Balance		10am-Strength & Balance		
11am-Water Walking		11am-Water Walking		
3-5pm-Billiards w/ George		3-5pm-Billiards w/ George		
9am-Water Aerobics 23	9-10am Open Swim 24 10-12:30-Mall Walking & Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billiards w/George	9am-Water Aerobics 25	9-11am-Open Swim 26 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 27 10am-Strength & Balance 11am-Strength & Balance
10am-Strength & Balance		10am-Strength & Balance		
11am-Water Walking		11am-Water Walking		
3-5pm-Billiards w/ George		3-5pm-Billiards w/ George		

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