

Monday

Tuesday

Wednesday

Thursday

Friday

February 2026

WELLNESS CALENDAR



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

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