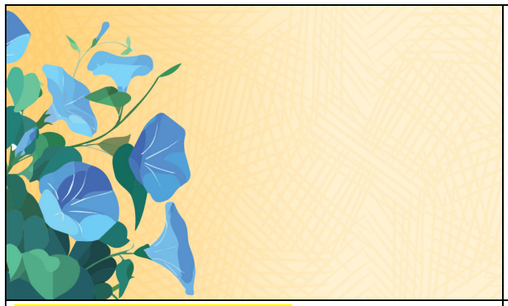
Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:15am Outdoor/Indoor Walk with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	2 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	3 9:15am Outdoor/Indoor Walk w/weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS)	4 9:30am Fitness @ the villas 11am Town Hall 3pm Chair Volleyball
7 10am Chair Dance w/ Hope (WS) 10am Men's Swim (pool) 10:45am Strength and Balance (WS) Woman's FREE swim 2pm(POOL) 3pm Chair Volleyball (CR)	8 9:15am Outdoor/Indoor Walk with Weights (WS) 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS)	9 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:30pm AL SWIM CLASS	10 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) 11:30am Core (WS) 3pm Pizza Committee meeting (WS)	11 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim (POOL) 10:45 Chair Strength (WS) 11:30am Chair Yoga (WS) 3pm Wellness Jeopardy (CR)
14 SEE YOU WEDNESDAY	15 SEE YOU WEDNESDAY	16 9:20am Fitness @ The Villas (TZ) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim (POOL)	17 10:00am Women's Cardio Swim (POOL) 10:45am Strength and Balance (WS) No Core 2:00pm Tai CHI w/ Hope (Lobby)	18 10am Improper footwear seminar w/ Runabout Sports (CR) 3pm Chair Volley Ball (CR)
21 Calliope's out of town	22 See you Friday!!!!	23 See you Friday!!!!	24 See you Friday!!!!	25 9:20am Fitness @ The Villas (TZ) 11am Green hill park then to Wawa 11:30am Chair Yoga (WS) 3:00pm Chair Volleyball (CR)
28 9:15am Indoor Walk with Weights(WS) 10:00am Men's Swim Class (POOL) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS) 2:00pm Woman's Swim	29 10:00am Women's Cardio Swim (POOL) 10:45am Chair Strength (WS) 11:30am Core (WS) 3pm Chair Yoga @ Knollwood (SR)	30 9:15am Indoor Walk with Weights(WS) 10:00am Chair Dance w/ Calli (WS) 10:45am Strength and Balance (WS) 11:30am Core and Chair Yoga (WS)		

September 2026

Calliope Restrepo (540) 378-6134 crestrepo@friendship.us CR = Community Room (Town Center), WS = Wellness Studio (Town Center), SR = Shenandoah Room (Knollwood), LL = Lower Lake (Outside), RR = Regency Room (Ridgecrest), TZ = Tone Zone (Villas), LOBBY = Town Center Lobby, POOL = Outpatient Pool at Health Center .