

August 2026

Brookridge Wellness

Self Care/Sun Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Class information subject to change.</i> <u>Class Locator</u> WS = Wellness Studio FA= Feezor Auditorium P = Pool ** Indicates high impact or advanced	SELF CARE					1 <u>Announcements</u> Please see announcements listed below.
2 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	3 9am StretcherCize—FA 10am AquaFit—Pool 11am Slip n Slide—outside- wear sunscreen! 1pm Balance & Stretch 2pm Cornhole—FA	4 9:30am **PowerBall—FA 10:15am Walking Club @ Cascades Preserve Loop 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	5 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm **Air Boxing—FA	6 NO Woof Walks in August No morning classes/sessions 1pm Wellness Committee 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 6:30pm Elite Canine Therapy Dogs will visit—WS	7 9am StretcherCize—FA 10am AquaFit—Pool 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	8 Massage by appt. Tue., Wed., Thur. Sign up in Activity Book
9 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	10 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance & Stretch 2pm Cornhole—FA	11 Dana out of office 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	12 9am StretcherCize—FA 10am Swim w/friends—Pool (Dana: team meeting) 1pm Balance Class—FA 2pm **Air Boxing—FA 2pm Bible Study—WS	13 9:30am **PowerBall—FA 10:30am Healthy Aging—WS 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	14 9am StretcherCize—FA 10am AquaFit—Pool 11am THRIVEWELL Mtg-Dana unavailable 1pm Tai Chi & Meditation 2pm Cornhole—WS	15 Salon Thur./Fri. 9am—3pm Sign up w/Tammy
16 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	17 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance & Stretch 2pm Cornhole—FA	18 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3:30pm Town Hall—wear sunglasses	19 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm **Air Boxing—FA	20 9:30am **PowerBall—FA 10:30am Healthy Aging—WS 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS 3:30pm Flutist—Relaxation Music & Treats—FA	21 9am StretcherCize—FA 10am Swim w/riends—Pool 1pm Tai Chi & Meditation 2pm Cornhole—WS	22 IL Clinic available by appt. Wednesdays 9am—12pm Call: 336-414-5757
23 / 30 10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	24 / 31 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance & Stretch 2pm Cornhole—FA	25 9:30am **PowerBall—FA 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	26 9am StretcherCize—FA 10am AquaFit—Pool 1pm Balance Class—FA 2pm **Air Boxing—FA 2pm Bible Study—WS	27 9:30am **PowerBall—FA 10:30am Healthy Aging—WS 1:30pm Chair Exercise—FA 2:30pm **Yoga—WS	28 9am StretcherCize—FA 10am AquaFit—Pool 11am THRIVEWELL Mtg-Dana unavailable 1pm Tai Chi & Meditation 2pm Cardio Drum w/ Tiffany—FA	29