



WEEKLY FITNESS SCHEDULE



July 2026

MONDAY

9:20 AM Cardio Dance Fun! - FC
10:00 AM Tai Chi with Allen- SC
10:00 AM Weights with Arthur- FC
11:00 AM Chair Exercise- SC


TUESDAY

9:20 AM Basic Balance- SC
10:00 AM Rise and Shine Stretch- SC
11:00 AM Chair Exercise- SC
2:00 PM ALF Chair Class- 2nd Floor ALF
3:00 PM Memory Support Chair- Stafford

WEDNESDAY

10:00 AM Weights Class- FC
11:00 AM Chair Exercise- SC


THURSDAY

9:20 AM Brain Fitness- SC
10:15 AM Get Down, Get Up!- SC 
10:00 AM Ballet Barre- FC
11:00 AM Gentle BeMoved- SC

FRIDAY

9:20 AM Posture Core and More - SC
10:00 AM Yoga with Ashley- SC
10:00 AM Weights Class- FC
11:00 AM Chair Exercise- SC

SATURDAY

10:00 AM Mindful Motion- SC 
July 11th and 25th ONLY

****All classes, dates and locations are subject to change. ****