



JULY 2026	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Heidi Day Fitness Coordinator hday@arboracres.org 336-631-1340 or#1227 *Make your complimentary 1-1 Fitness Appointment with HEIDI. *Summer FUN! Try - Line Dance Lessons or Drumming Circle Class				01 9:30 Aqua Group today 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Group today 11:00 Jolly Volley	02 9:30 Golden REPS 11:15 Mat Yoga *after Town Hall 2:00 Pickleball 3:00 Aqua Exercise	03 All Day Red, White & Blue Fitness Mixer 9:30 Aqua Group today 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Group today 11:00 Tai Chi	04
	05	06 9:30 Aqua Exercise 9:30 Sit & Fit 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi Group 3:00 Mat Pilates 4:00 Ping Pong	07 9:30 Golden REPS 10:15 Mat Yoga 1:15 Chair Yoga 2:00 Pickleball 3:00 Aqua Exercise	08 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Jolly Volley 1:00 Summer Line Dance Class	09 9:30 Golden REPS 10:15 Mat Yoga 2:00 Pickleball 3:00 Aqua Exercise	10 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi - Gathering Place today	11
	12	13 9:30 Aqua Exercise 9:30 Sit & Fit 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi 3:00 Mat Pilates 4:00 Ping Pong	14 9:30 Golden REPS 10:15 Mat Yoga 1:15 Chair Yoga 2:00 Pickleball 3:00 Aqua Exercise	15 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Jolly Volley 1:00 Summer Line Dance Class	16 9:30 Golden REPS 10:15 Mat Yoga 2:00 Pickleball 3:00 Aqua Exercise	17 All Day Flamingo Friday Summer Mixer 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi 1:30 Summer Drumming Class	18
	19	20 9:30 Aqua Exercise 9:30 Sit & Fit 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi 2:00 Wellness Center - Food Demo with Chef Joli 3:00 Mat Pilates 4:00 Ping Pong	21 9:30 Golden REPS 10:15 Mat Yoga 1:15 Chair Yoga 2:00 Pickleball 3:00 Aqua Exercise	22 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Jolly Volley 1:00 Summer Line Dance Class	23 9:30 Golden REPS 10:15 Mat Yoga 2:00 Pickleball 3:00 Aqua Exercise	24 9:30 Aqua Exercise 9:30 Balance Class 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi 1:30 Summer Drumming Class	25
	26	27 9:30 Aqua Exercise 9:30 Sit & Fit 10:15 Cardio Aerobics 10:30 Aqua Exercise 11:00 Tai Chi 3:00 Mat Pilates 4:00 Ping Pong	28 9:30 Golden REPS 10:15 Mat Yoga 1:15 Chair Yoga 2:00 Pickleball 3:00 Aqua Exercise	29 9:30 Aqua Exercise 9:30 Exercise Video 10:15 Exercise Video 10:30 Aqua Exercise 11:00 Jolly Volley 1:00 Summer Line Dance Class	30 9:30 Exercise Video 10:15 Yoga video 2:00 Pickleball 3:00 Aqua Exercise	31 9:30 Aqua Exercise 9:30 Exercise Video 10:15 Exercise Video 10:30 Aqua Exercise 11:00 Tai Chi 1:30 Summer Drumming Class	