



FITNESS



AUGUST 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Heidi Day

Fitness Coordinator

hday@arboracres.org

336-631-1340

or#1227

*Heidi Will be on
Vacation from
August 24 - August
28.

****Summer FUN!***

Swim & Sunshine
Pool Mixers!

Floating Sound Bath
August 12 at 2PM
RSVP required.

Sunshine and Swim
Pool Mixers

Thursday, August 13
at 3PM and Friday,
August 14 at 9:30AM
and 10:30AM.

Aug 30

Aug 31

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

02

03

9:30 Exercise Video
9:30 Aqua Exercise
10:15 Aerobics video
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Pilates * No class today
4:00 Ping Pong

04

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

05

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley

06

9:30 Golden REPS
11:15 Mat Yoga *after
Town Hall
2:00 Pickleball
3:00 Aqua Exercise

07

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi

08

09

10

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

11

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

12

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley
2:00 Aqua Floating Sound
Bath

13

9:30 Golden REPS
10:15 Mat Yoga
2:00 Pickleball
3:00 Sunshine & Swim -
Aqua Exercise
3:45 Pool Beach
Volleyball

14

9:30 Sunshine & Swim -
Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Sunshine & Swim -
Aqua Exercise
11:00 Tai Chi

15

16

17

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

18

9:30 Golden REPS
10:15 Mat Yoga
1:15 Chair Yoga
2:00 Pickleball
3:00 Aqua Exercise

19

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Jolly Volley

20

9:30 Golden REPS
10:15 Mat Yoga
2:00 Pickleball
3:00 Aqua Exercise

21

9:30 Aqua Exercise
9:30 Balance Class
10:15 Cardio Aerobics
10:30 Aqua Exercise
11:00 Tai Chi

22

23

24

9:30 Aqua Exercise
9:30 Exercise with DANTA
10:15 Exercise with DANTA
10:30 Aqua Exercise
11:00 Tai Chi
3:00 Mat Pilates * no class
today
4:00 Ping Pong

25

9:30 Exercise with DANTA
10:15 Mat Yoga with
DANTA
1:15 Chair Yoga-no class
today
2:00 Pickleball
3:00 Aqua Group today

26

9:30 Aqua Exercise
9:30 Chair ZUMBA with
Evelyn
10:15 Zumba with Evelyn
10:30 Aqua Exercise
11:00 Jolly Volley

27

9:30 Exercise video
10:15 Yoga video
2:00 Pickleball
3:00 Aqua Group today

28

9:30 Aqua Exercise
9:30 Exercise video
10:15 Aerobics Video
10:30 Aqua Exercise
11:00 Tai Chi

29