



# Fitness Calendar—February 2026



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 The Gym is Open	2 9:00 Sit & Fit—TH 1:00 Yoga— TH	3 9:00 Balance Class - TH 1:00 Forever Fit- TH	4 9:00 Sit & Fit - TH 1:00 Yoga - TH	5 9:00 Balance Class -TH 1:00 Qigong— TH	6 9:00 Sit & Fit - TH 1:00 Yoga - TH	7 The Gym is Open
8 The Gym is Open	9 9:00 Sit & Fit—TH 1:00 Yoga— TH 3:00— Olympics— TH 	10 9:00 Balance Class - TH 1:00 Forever Fit- TH 2:00— Olympics— TH 	11 9:00 Sit & Fit - TH 11:00 Olympics— TH 1:00 Yoga - TH 	12 9:00 Balance Class -TH 2:00— Olympics— BR 	13 9:00 Yogε <b>FREAKY FRIDAY</b> 11:00 Olympics— TH 1:00 Sit & Fit - TH 	14 The Gym is Open 
15 The Gym is Open	16 9:00 Sit & Fit—TH 1:00 Yoga— TH 3:00— Olympics— TH 	17 9:00 Balance Class - TH 1:00 Forever Fit- TH 2:00— Olympics— TH 	18 9:00 Sit & Fit - TH 11:00 Olympics— TH 1:00 Yoga - TH 	19 9:00 Balance Class -TH 1:00 Qigong— TH 2:00— Olympics— TH 	20 9:00 Sit & Fit - TH 11:00 Olympics— TH 1:00 Yoga - TH 	21 The Gym is Open
22 The Gym is Open	23 9:00 Sit & Fit—TH 1:00 Yoga— TH  1:00 Yoga— TH	24 9:00 Balance Class - TH 1:00 Forever Fit- TH	25 9:00 Sit & Fit - TH 1:00 Yoga - TH  1:00 Yoga - TH	26 9:00 Balance Class -TH 1:00 Qigong— TH	27 9:00 Sit & Fit - TH 1:00 Yoga - TH	28 The Gym is Open
Call Brenda at extension 1482 for a reservation to Aquatic classes or Forever Fit						 TWIN CREEKS An Active Adult Community (541) 664-8880 www.twincreeksretirement.com

# Class Descriptions

## *Yoga*

This gentle yoga class focuses on stretching and strengthening the major muscle groups of the body while focusing on relaxing and restorative breathing. All exercise can be performed seated or standing.

## *Sit & Fit*

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

## *AquaFit*

In this class we use the resistance that water provides to strengthen and tone muscles while getting a great cardiovascular workout. We will also utilize a variety of equipment to enhance the exercise such as water dumbbells, kick boards and pool noodles.

## *Balance Class*

Standing exercises combined to produce better leg strength & awareness of surroundings & body in space to prevent falls & become stronger. Chairs provided for stability & walkers are welcome.

## *Aqua Circuit*

Have fun while building strength and cardiovascular fitness by completing a series of total body exercise at a variety of stations around the perimeter of the pool.

## *Qigong*

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

## *Forever Fit*

This advanced level class combines both strength and cardiovascular conditioning. Space is limited. Sign up in advance with Brenda.



YOU ARE  
NEVER TOO OLD  
TO  
SET ANOTHER GOAL  
OR TO  
DREAM A NEW DREAM

- C.S. LEWIS  
TRAIN SMART - TRAIN HARD - TRAIN OFTEN - FITNESS JOURNALS

