



# Fitness Calendar—June 2026



Sun

Mon



Tue

Wed

Thu

Fri

Sat

|   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
|  <p><b>TWIN CREEKS</b><br/>An Active Adult Community<br/>(541) 664-8880<br/>www.twincreeksretirement.com</p> | <p><b>1</b><br/>9:00 Sit &amp; Fit—TH<br/>10:30 Aqua Circuit— Pool<br/>1:00 Yoga— TH</p>  | <p><b>2</b><br/>9:00 Balance Class - TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Forever Fit- TH</p>                                     | <p><b>3</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>  | <p><b>4</b><br/>9:00 Balance Class -TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Qigong— TH</p>   | <p><b>5</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>                        | <p><b>6</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p>  |
| <p><b>7</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p>   | <p><b>8</b><br/>9:00 Sit &amp; Fit—TH<br/>10:30 Aqua Circuit— Pool<br/>1:00 Yoga— TH</p>  | <p><b>9</b><br/>9:00 Balance Class - TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Forever Fit- TH</p>                                     | <p><b>10</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>   | <p><b>11</b><br/>9:00 Balance Class -TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Qigong— TH</p>  | <p><b>12</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>                       | <p><b>13</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p> |
| <p><b>14</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p>  | <p><b>15</b><br/>9:00 Sit &amp; Fit—TH<br/>10:30 Aqua Circuit— Pool<br/>1:00 Yoga— TH</p> | <p><b>16</b><br/>9:00 Balance Class - TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Forever Fit- TH</p>                                    | <p><b>17</b><br/>9:00 Sit &amp; Fit - TH<br/>11:00 Intro to the<br/>Fitness Trail— CY</p>   | <p><b>18</b><br/>9:00 Balance Class -TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Qigong— TH</p>  | <p><b>19</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>                       | <p><b>20</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p> |
| <p><b>21</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p>  | <p><b>22</b><br/>9:00 Sit &amp; Fit—TH<br/>10:30 Aqua Circuit— Pool<br/>1:00 Yoga— TH</p> | <p><b>23</b><br/>9:00 Balance Class - TH</p>  | <p><b>24</b><br/>9:00 Sit &amp; Fit - TH<br/>11:15 Balance Basics—<br/>TH</p>  | <p><b>25</b><br/>9:00 Balance Class -TH<br/>(video)<br/>1:00 Qigong— TH (video)</p>  | <p><b>26</b><br/>9:00 Sit &amp; Fit - TH<br/>1:00 Yoga - TH</p>                       | <p><b>27</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p> |
| <p><b>28</b><br/>1:00 Aqua Walk— Pool<br/>Open Gym</p>  | <p><b>29</b><br/>9:00 Sit &amp; Fit—TH<br/>10:30 Aqua Circuit— Pool<br/>1:00 Yoga— TH</p> | <p><b>30</b><br/>9:00 Balance Class - TH<br/>10:30 Aqua Fit— Pool<br/>1:00 Forever Fit- TH</p>                                    | <p>Call Brenda at<br/>extension 1482 for a<br/>reservation to Aquatic<br/>classes or Forever Fit</p>  |    |  |  |

# 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.

## **Aqua Fit**

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.

## **Aqua Walk**

Enjoy the therapeutic benefits of the pool to improving your balance, strength and endurance while walking at your own pace.

## **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 GO.  
OR TO  
DREAM A NEW DRE

