



Fitness Calendar—July 2026



Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 9:00 Sit & Fit - TH 1:00 Yoga - TH	2 9:00 Balance Class -TH 10:30 Aqua Fit– Pool 1:00 Qigong– TH	3 9:00 Sit & Fit - TH 1:00 Yoga - TH	4 1:00 Aqua Walk– Pool Open Gym
5 1:00 Aqua Walk– Pool Open Gym	6 9:00 Sit & Fit—TH 1:00 Yoga– TH	7 9:00 Balance Class - TH	8 9:00 Sit & Fit - TH 1:00 Yoga - TH	9 9:00 Balance Class -TH 1:00 Qigong– TH	10 9:00 Sit & Fit - TH 1:00 Yoga - TH	11 1:00 Aqua Walk– Pool Open Gym
12 1:00 Aqua Walk– Pool Open Gym	13 9:00 Sit & Fit—TH 1:00 Yoga– TH	14 9:00 Balance Class - TH 10:30 Aqua Fit– Pool 1:00 Forever Fit- TH	15 9:00 Sit & Fit - TH 1:00 Yoga - TH	16 9:00 Balance Class -TH 10:30 Aqua Fit– Pool 1:00 Qigong– TH	17 9:00 Sit & Fit - TH 1:00 Yoga - TH	18 1:00 Aqua Walk– Pool Open Gym
19 1:00 Aqua Walk– Pool Open Gym	20 9:00 Sit & Fit—TH 10:30 Aqua Circuit– Pool 1:00 Yoga– TH	21 9:00 Balance Class - TH 10:30 Aqua Fit– Pool 1:00 Forever Fit- TH	22 9:00 Sit & Fit - TH 1:00 Yoga - TH	23 9:00 Balance Class -TH 10:30 Aqua Fit– Pool 1:00 Qigong– TH	24 9:00 Sit & Fit - TH 1:00 Yoga - TH	25 1:00 Aqua Walk– Pool Open Gym
26 1:00 Aqua Walk– Pool Open Gym	27 9:00 Sit & Fit—TH 10:30 Aqua Circuit– Pool 1:00 Yoga– TH	28 9:00 Balance Class - TH 10:30 Aqua Fit– Pool 1:00 Forever Fit- TH	29 9:00 Sit & Fit - TH 1:00 Yoga - TH	30 9:00 Balance Class -TH 1:00 Qigong– TH	31 9:00 Sit & Fit - TH 1:00 Yoga - TH	Call Brenda at extension 1482 for a reservation to Aquatic classes or Forever Fit

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 GOAL
OR TO
DREAM A NEW DREAM

- C.S. LEWIS
TRAIN SMART - TRAIN HARD - FOCUS ON FITNESS JOURNALS
TWIN CREEKS

