

# February

# 2026



<b>Sunday</b> 1	<b>Monday</b> 2	<b>Tuesday</b> 3	<b>Wednesday</b> 4	<b>Thursday</b> 5	<b>Friday</b> 6	<b>Saturday</b> 7
8:30 NU Step 9:00 Morning Stretch	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	8:30 NU Step 9:00 Chair Yoga with Irene	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa – IL	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Everfit with Renay
8:30 NU Step 9:00 Morning Stretch	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	8:30 NU Step 9:00 Chair Yoga with Irene	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa – IL	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step
8:30 NU Step 9:00 Morning Stretch	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	8:30 NU Step 9:00 Chair Yoga with Irene	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa – IL	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Everfit with Renay
8:30 NU Step 9:00 Morning Stretch	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	8:30 NU Step 9:00 Chair Yoga with Irene	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa – IL	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Everfit with Renay
8:30 NU Step 9:00 Morning Stretch	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	8:30 NU Step 9:00 Chair Yoga with Irene	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa – IL	8:30 NU Step 9:00 Chair Chi with Bernie	8:30 NU Step 9:00 Everfit with Renay

