

February

2026



Sunday	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday	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	8:30 NU Step 9:00 Chair Chi with Bernie	9	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	10	8:30 NU Step 9:00 Chair Yoga with Irene	11	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	12	8:30 NU Step 9:00 Chair Chi with Bernie	13	8:30 NU Step	14
8:30 NU Step 9:00 Morning Stretch	15	8:30 NU Step 9:00 Chair Chi with Bernie	16	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	17	8:30 NU Step 9:00 Chair Yoga with Irene	18	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	19	8:30 NU Step 9:00 Chair Chi with Bernie	20	8:30 NU Step 9:00 Everfit with Renay	21
8:30 NU Step 9:00 Morning Stretch	22	8:30 NU Step 9:00 Chair Chi with Bernie	23	8:30 NU Step 9:00 Chair Chi with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	24	8:30 NU Step 9:00 Chair Yoga with Irene	25	8:30 NU Step 9:00 Chair Dance Fitness with Bernie 3:00 Steel Feathers Chair Dancing with Lisa - IL	26	8:30 NU Step 9:00 Chair Chi with Bernie	27	8:30 NU Step 9:00 Everfit with Renay	28

