

February

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
3:30 PM Seated Pilates 4:00 PM Zumba Gold	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness
8	9	10	11	12	13	14
	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	
15	16	17	18	19	20	21
3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Zumba Gold
22	23	24	25	26	27	28
3:30 PM Seated Pilates 4:00 PM Drum Circle Fitness	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	9:00 AM Sit & Stretch	3:30 PM Seated Pilates 4:00 PM Zumba Gold
						Senior Fitness for our more delicate clients