July 2026

The EverFit Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00AM Walking Group 2:30PM Yoga	10:00AM Sit & Stretch	10:00AM Sit & Stretch	
5	6	7	8	9	10	11
	10:00AM Sit & Stretch 2:30PM Dance Fitness	10:00AM Sit & Stretch 11:00AM Kickball Soccer	10:00AM Sit & Stretch 2:30PM Yoga	10:00AM Sit & Stretch	10:00AM Sit & Stretch 2:30PM Chair Kickboxing	
12	13	14	15	16	17	18
	10:00AM Sit & Stretch 2:30PM Dance Fitness	10:00AM Sit & Stretch 11:00AM Noodle Ball	10:00AM Sit & Stretch 2:30PM Yoga	10:00AM Sit & Stretch	10:00AM Sit & Stretch 2:30PM Chair Kickboxing	
19	20	21	22	23	24	25
	10:00AM Sit & Stretch 2:30PM Dance Fitness	10:00AM Sit & Stretch 11:00AM Kickball Soccer	10:00AM Sit & Stretch 2:30PM Yoga	10:00AM Sit & Stretch	10:00AM Sit & Stretch 2:30PM Chair Kickboxing	
26	27	28	29	30	31	1
	10:00AM Sit & Stretch 2:30PM Dance Fitness	10:00AM Sit & Stretch 11:00AM Noodle Ball	10:00AM Sit & Stretch 2:30PM Yoga	10:00AM Sit & Stretch	10:00AM Sit & Stretch 2:30PM Chair Kickboxing	

Cascade Living Group
The Difference Between Living and Living We