

July

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Aquacise/Laurie 9:30 Staying Strong-Lodge 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 10:00 Beanbag Baseball 10:15 Yoga/Balance Laurie	
5	6	7	8	9	10	11
10:15 Cardio/Balance with Laurie	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Exercise W/Lodge 11:00 Sit and Lift W/Alan 1:00 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch	7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Aquacise/Laurie 9:30 Staying Strong-Lodge 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 10:00 Beanbag Baseball	
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	
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