

September

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance-Alan 11:00 Tai-Chi W/Mitch 1:30 Aquacise W/Jenn	7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 9:30 Mini Putt Golf 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 10:30 AL Swim/Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 10:00 Bean Bag Baseball 1:00 Chair Yoga W/Jenn	
6	7	8	9	10	11	12
	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 Silver Sneaker Cardio 1:30 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch 1:30 Aquacise W/Jenn	7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 9:30 Mini Putt Golf 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 10:45 AL Swim/Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 10:00 Bean Bag Baseball 1:00 Chair Yoga W/Jenn	
13	14	15	16	17	18	19
	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 Silver Sneaker Cardio 1:30 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch 1:30 Aquacise W/Jenn	7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 9:30 Mini Putt Golf 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 10:45 AL Swim/Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 1:00 Game @ Morning Star 1:00 Chair Yoga W/Jenn	
20	21	22	23	24	25	26
	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 Silver Sneaker Cardio 1:30 Beanbag Baseball	7:00 Ever fit Open Gym 8:00 Gym Equip. Training 10:00 Cardio/Balance -Alan 11:00 Tai-Chi W/Mitch 1:30 Aquacise W/Jenn	7:00 Eve fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 9:30 Mini Putt Golf 11:00 Sit and Lift 1:00 Beanbag Baseball	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:30 Staying Strong-Lodge 10:45 AL Swim/Volleyball 1:30 Sit and Lift	7:00 Ever fit Open gym 8:00 Gym Equip. Training 9:00 Walking Club 10:00 Bean Bag Baseball 1:00 Chair Yoga W/Jenn	
27	28	29	30			
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