

# September

# 2026



| Sunday                                                                            | Monday                                                           | Tuesday                                                                | Wednesday                   | Thursday                       | Friday                                                                                                | Saturday                                                                              |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                   |                                                                  | 1                                                                      | 2                           | 3                              | 4                                                                                                     | 5                                                                                     |
|  |                                                                  | <b>11:00 Everfit Exercise with Paz</b>                                 | <b>9:30 Exercise w/Rita</b> | <b>9:00 Self Led Walkabout</b> | <b>10:00 Strength Training</b><br><b>1:00 Beanbag Baseball</b><br><b>11:00 Everfit Music with Paz</b> | <b>9:30 Chair Fitness on YouTube</b>                                                  |
| 6                                                                                 | 7                                                                | 8                                                                      | 9                           | 10                             | 11                                                                                                    | 12                                                                                    |
| <b>10:00 Exercise w/Rita</b>                                                      | <b>9:30 Morning Stretch w/Kristy</b><br><b>1:30 Walking Club</b> | <b>11:00 Everfit Exercise with Paz</b><br><b>1:00 Balloon Swat</b>     | <b>9:30 Exercise w/Rita</b> | <b>9:00 Self Led Walkabout</b> | <b>10:00 Strength Training</b><br><b>11:00 Everfit Music with Paz</b>                                 | <b>9:30 Chair Fitness on YouTube</b>                                                  |
| 13                                                                                | 14                                                               | 15                                                                     | 16                          | 17                             | 18                                                                                                    | 19                                                                                    |
| <b>10:00 Exercise w/Rita</b>                                                      | <b>9:30 Morning Stretch w/Kristy</b><br><b>1:30 Walking Club</b> | <b>11:00 Everfit Exercise with Paz</b><br><b>1:00 Beanbag Baseball</b> | <b>9:30 Exercise w/Rita</b> | <b>9:00 Self Led Walkabout</b> | <b>10:00 Strength Training</b><br><b>11:00 Everfit Music with Paz</b>                                 | <b>9:30 Chair Fitness on YouTube</b>                                                  |
| 20                                                                                | 21                                                               | 22                                                                     | 23                          | 24                             | 25                                                                                                    | 26                                                                                    |
| <b>10:00 Exercise w/Rita</b>                                                      | <b>9:30 Morning Stretch w/Kristy</b><br><b>1:30 Walking Club</b> | <b>11:00 Exercise w/Kristy</b>                                         | <b>9:30 Exercise w/Rita</b> | <b>9:00 Self Led Walkabout</b> | <b>10:00 Strength Training</b><br><b>11:00 Everfit Music with Paz</b>                                 | <b>9:30 Chair Fitness on YouTube</b>                                                  |
| 27                                                                                | 28                                                               | 29                                                                     | 30                          |                                |                                                                                                       |                                                                                       |
| <b>10:00 Exercise on YouTube</b>                                                  | <b>9:30 Morning Stretch w/Kristy</b>                             | <b>11:00 Everfit Exercise with Paz</b>                                 | <b>9:30 Exercise w/Rita</b> |                                |                                                                                                       |  |