

September

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:40- Weight Training 3:00- Wii Sports	9:40- All Assisted Fitness w/ Katherine	9:40- Sit and Be Fit	9:40- All Assisted Fitness w/ Katherine 3:30- Indoor Sports	9:40- Chair Fit n-Groove
6	7	8	9	10	11	12
	9:40- Seated Workout 11:00- Walking Group	9:40- All Assisted Fitness w/ Katherine 3:00- Wii Sports AR	9:40- All Assisted Fitness w/ Katherine	1:00- Noodle Ball	9:40- All Assisted Fitness w/ Katherine 9:40- Wind Down & Stretch	9:40- Chair Fit n-Groove
13	14	15	16	17	18	19
	9:40- Chair Yoga 11:00- Walking Group	9:40- All Assisted Fitness w/ Katherine 3:00- Wii Sports AR	9:40- All Assisted Fitness w/ Katherine	9:40- Sit and Be Fit	9:40- All Assisted Fitness w/ Katherine 3:30- Indoor Sports 9:40- Stretch & Breathe	9:40- Chair Fit n-Groove
20	21	22	23	24	25	26
2:00- Afternoon stroll	9:40- Sit and Be Fit 11:00- Walking Group	9:40- All Assisted Fitness w/ Katherine	9:40- All Assisted Fitness w/ Katherine	10:00- Stretch & Flex	9:40- Chair Aerobics	9:40- Chair Fit n-Groove
27	28	29	30			The logo for All Assisted Fitness and Cognitive Services, featuring a stylized letter 'A' and the text "ALL ASSISTED FITNESS AND COGNITIVE SERVICES".
2:00- Afternoon stroll	9:40- Chair Yoga 11:00- Walking Group	9:40- All Assisted Fitness w/ Katherine 3:00- Wii Sports AR	9:40- All Assisted Fitness w/ Katherine			



Cascade Living Group

The Difference Between Living and Living Well