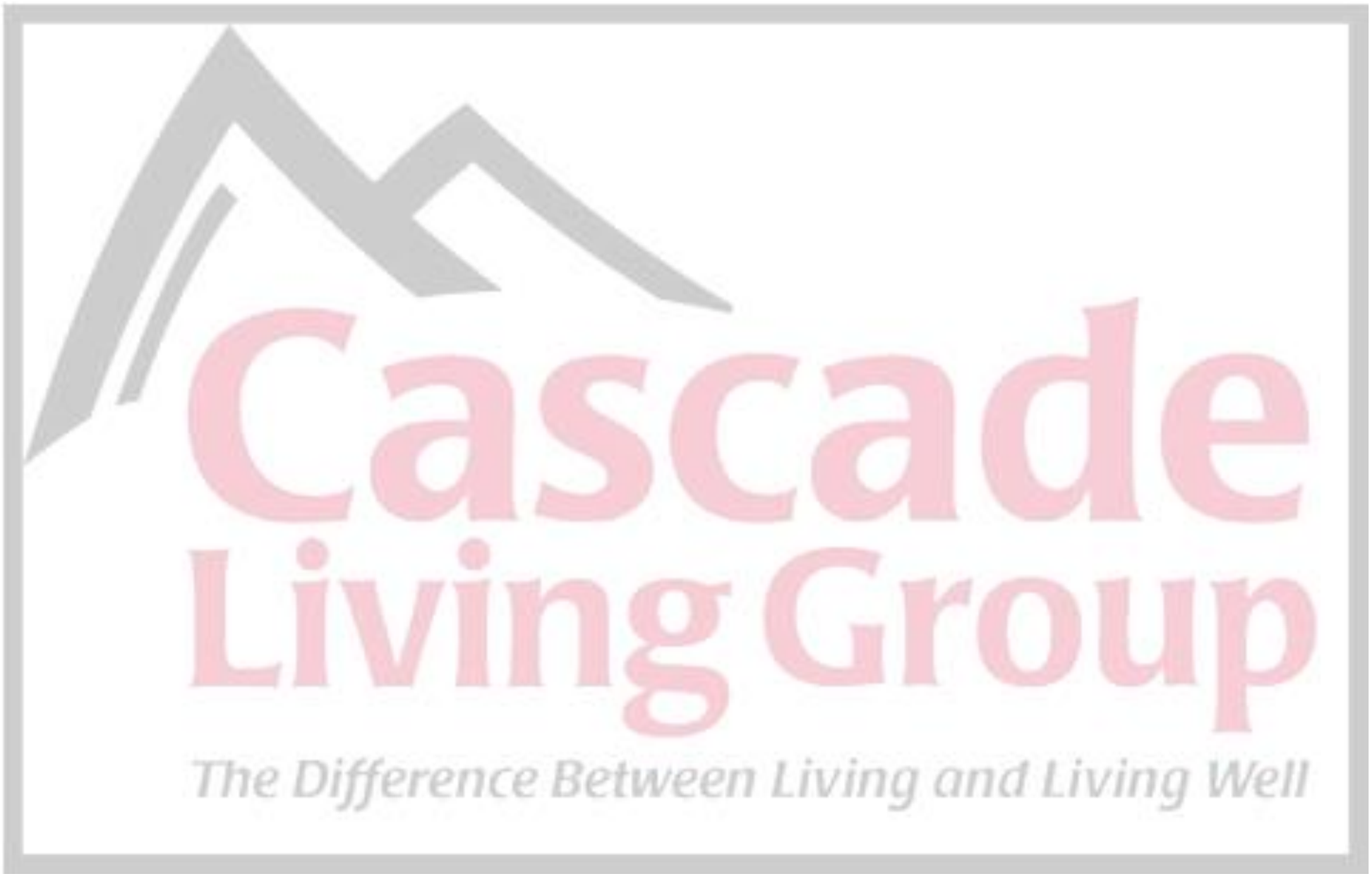
November 2026

The EverFit Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
1:30pm Seated exercise w/Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	1:00pm Seated Exercise w/ Del 3:00pm Seated Yoga w/ Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	
8	9	10	11	12	13	14
1:30pm Seated exercise w/Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	1:00pm Seated Exercise w/ Del 3:00pm Seated Yoga w/ Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	
15	16	17	18	19	20	21
1:30pm Seated exercise w/Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	1:00pm Seated Exercise w/ Del 3:00pm Seated Yoga w/ Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	
22	23	24	25	26	27	28
1:30pm Seated exercise w/Jen	1:00pm Seated Exercise w/ Del	10:00 am Seated exercise w/ Select PT	1:00pm Seated Exercise w/ Del 3:00pm Seated Yoga w/ Jen	Thanksgiving	10:00 am Seated exercise w/ Select PT	
29	30					
1:30pm Seated exercise w/Jen	1:00pm Seated Exercise w/ Del					

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FITNESS AND COGNITIVE SERVICES


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