November 2026

The EverFit Club

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