

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30am Tai Chi at Lakeside Pavilion
2 Last Sunday open for summer 1:00pm-5:00pm	3 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	4 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Summer Splash Class	5 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	6 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:45 Summer Splash Class	7 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	8 Waldensian Footrace- Facility Closed
9	10 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	11 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Summer Splash Class	12 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	13 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:45 Summer Splash Class	14 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	15 8:30am Tai Chi at Lakeside Pavilion
16 Fitness Room Hours: Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	17 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	18 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Summer Splash Class	19 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 12:30 Digital Literacy *5:15pm TRX	20 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:45 Summer Splash Class	21 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	22 8:30am Tai Chi at Lakeside Pavilion
23	24 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	25 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Summer Splash Class	26 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	27 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:45 Summer Splash Class	28 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	29 8:30am Tai Chi at Lakeside Pavilion
30	31 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour					