
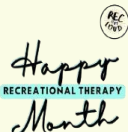


February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	3 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	4 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	5 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	6 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	7
8 <u>Fitness Room Hours:</u> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	9 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	10 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	11 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	12 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	13 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	14  Happy Valentine's Day
15	16 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	17 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	18 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30 Digital Literacy *5:15pm TRX	19 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	20 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	21
22 	23 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	24 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	25 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	26 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	27 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	28