


# July 2026

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