Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **NO GROUP CLASSES**	2 **8:00 AM** Mind Body Flow with Camdyn- CC **8:00 AM** Group Strength with Evan - FC **9:30 AM** Aqua Aerobics with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **11:00 AM** Yoga with Kristin- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC	3 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- LH **2:00 PM** Afternoon Pick Me Up with Camdyn- FC	4 **8:00 AM** Mind Body Flow with Camdyn- CC **9:00 AM** Stretch and Yoga with Kristin - LH **9:30 AM** Aqua Aerobics with Mary- Pool **10:15 AM** Stretch and Tone with Mary- LH **1:00 PM** Chair Volleyball - LH **2:00 PM** Strong and Fit with Mary - FC	5 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- LH **2:00 PM** Afternoon Pick Me Up with Evan - FC	6 **9:30 AM** Aqua with Evan- Pool **10:15 AM** Stretch and Tone with Evan- LH **2:00 PM** Afternoon Pick Me Up with Camdyn- FC	7 **9:30 AM-**Aqua Aerobicswith Will- Pool **10:15 AM**- Balance and Posture with WIll- LH
8 **NO GROUP CLASSES**	9 **8:00 AM** Mind Body Flow with Camdyn- CC **8:00 AM** Group Strength with Evan - FC **9:30 AM** Aqua Aerobics with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **11:00 AM** Yoga with Kristin- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC	10 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- FC **(LOCATION CHANGE)** **2:00 PM** Afternoon Pick Me Up with Camdyn- FC	11 **8:00 AM** Mind Body Flow with Camdyn- CC **9:00 AM** Stretch and Yoga with Kristin - LH **9:30 AM** Aqua Aerobics with Evan- Pool **10:15 AM** Stretch and Tone with Evan- LH **1:00 PM** Chair Volleyball - LH **2:00 PM** Strong and Fit with Evan- FC	12 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- LH **2:00 PM** Afternoon Pick Me Up with Evan - FC	13 **9:30 AM** Aqua with Evan- Pool **10:15 AM** Stretch and Tone with Evan- LH **2:00 PM** Afternoon Pick Me Up with Camdyn- FC **2:30 PM** Chair Volleyball - LH	14 **9:30 AM-**Aqua Aerobics with Will- Pool **10:15 AM**- Balance and Posture with WIll- LH
15 **NO GROUP CLASSES**	16 **8:00 AM** Mind Body Flow with Camdyn- CC **8:00 AM** Group Strength with Evan - FC **9:30 AM** Aqua Aerobics with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **11:00 AM** Yoga with Anne- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC	17 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- FC **(LOCATION CHANGE)** **2:00 PM** Afternoon Pick Me Up with Camdyn- FC	18 **8:00 AM** Mind Body Flow with Camdyn- CC **9:00 AM** Stretch and Yoga with Kristin - LH **9:30 AM** Aqua Aerobics with Mary- Pool **10:15 AM** Stretch and Tone with Mary- FC **1:00 PM** Chair Volleyball - LH **2:00 PM** Strong and Fit with Mary - FC	19 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- FC **2:00 PM** Afternoon Pick Me Up with Evan - FC	20 **99:30 AM** Aqua with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **2:00 PM** Afternoon Pick Me Up with Camdyn- FC **2:30 PM** Chair Volleyball - LH	21 **9:30 AM-**Aqua Aerobics with Will- Pool **10:15 AM**- Balance and Posture with WIll- LH
22 **NO GROUP CLASSES**	23 **8:00 AM** Mind Body Flow with Camdyn- CC **8:00 AM** Group Strength with Evan - FC **9:30 AM** Aqua Aerobics with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **11:00 AM** Yoga with Anne- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC	24 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn-LH **2:00 PM** Afternoon Pick Me Up with Camdyn- FC	25 **8:00 AM** Mind Body Flow with Camdyn- CC **9:00 AM** Stretch and Yoga with Kristin - LH **9:30 AM** Aqua Aerobics with Mary- Pool **10:15 AM** Stretch and Tone with Mary- LH **1:00 PM** Chair Volleyball - LH **2:00 PM** Strong and Fit with Mary - FC	26 **8:00 AM** Group Strength with Evan - FC **10:15 AM** Balance and Posture with Camdyn- LH **2:00 PM** Afternoon Pick Me Up with Evan - FC	27 **9:30 AM** Aqua with Evan- Pool **10:15 AM** Stretch and Tone with Evan- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC **2:30 PM** Chair Volleyball - LH	28 **9:30 AM-**Aqua Aerobics with Kyle- Pool **10:15 AM**- Balance and Posture with Kyle- LH
29 **NO GROUP CLASSES**	30 **8:00 AM** Mind Body Flow with Camdyn- CC **8:00 AM** Group Strength with Evan - FC **9:30 AM** Aqua Aerobics with Camdyn- Pool **10:15 AM** Stretch and Tone with Evan- LH **11:00 AM** Yoga with Anne- LH **2:00 PM** Afternoon Pick Me Up with Evan- FC	November 2026				

Key For Calendar: LH= Lindsay Hall; FC= Fitness Center, P = Pool, CC= Creativity Center