



SUMMER FITNESS SCHEDULE 2026

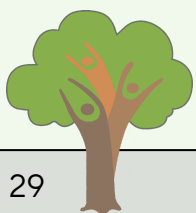
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>First class Jul 6 Last class Aug 24 No class Aug 3</p>	<p>First class Jul 7 Last class Aug 25</p>	<p>First class Jul 8 Last class Aug 26</p>	<p>First class Jul 9 Last class Aug 27</p>
<p>Weight Training 9:30 am (Pete) Gym last day Aug 10 Zumba 9:15-10:00 am (Emilie) MPR</p>	<p>HIIT 9:30 am (Pete) Gym & MPR last day Aug 14</p>	<p>Yin Yoga 9:30 am (Mary Lou) Gym & MPR</p>	<p>Zumba 9:15-10:00 am (Emilie) Gym & MPR</p>
<p>Weight Training 10:45 am (Pete) Gym & MPR last day Aug 10</p>	<p>Balance & Conditioning 10:45 am (Pete) Gym & MPR last day Aug 7</p>	<p>Total Body Fitness 10:45 am (Eleanor) Gym & MPR</p>	<p>Functional Fitness 10:15 am (Erv) Gym Chair Yoga 10:15 am (Doreen) MPR</p>
<p>Stretch Class 12:00 pm (Debby) Gym & MPR</p>	<p>Line Dancing 12:00 pm (Carole) Gym & MPR Starts Jul 14</p>	<p>Bone Building Health & Muscle Strength 12:00 pm (Erv) Gym & MPR</p>	<p>Fit & Tall 11:30 am (Claudia) Gym last day Aug 6 Sit & Fit 11:30 am (Alan) MPR</p>
	<p>Sit & Fit 1:15 pm (Eleanor) Gym</p>	<p>Functional Fitness 1:15 pm (Erv) Gym & MPR</p>	<p>Barre 12:45 pm (Claudia) Gym last day Aug 6</p>
	<p>Restorative Yoga 2:30 pm (Doreen) Gym</p>		<p>PACE 2:00 pm (Claudia) Gym last day Aug 6</p>



JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Special Interest

Coffee

Special Event

Meetings

Cards and Games

Entertainment

Fitness Classes

29
REGISTRATION BEGINS FOR MONDAY CLASSES AND ACTIVITIES AT 9:30 A.M.

30
REGISTRATION BEGINS FOR TUESDAY CLASSES AND ACTIVITIES AT 9:30 A.M.
WEDNESDAY CLASSES AT 1:30 P.M.

1
Centre Closed

2
REGISTRATION BEGINS FOR THURSDAY CLASSES AND ACTIVITIES AT 9:30 A.M.

6
9:15am- 1:00pm Fitness Classes (MPR)
1:00- 3:00pm Canasta (MR)
1:30- 3:30pm Bridge (MPR)

7
9:30am- 1:00pm Fitness Classes (MPR)
9:30-11:30am Drop-In Coffee (MR)
11:00am Cycling Club
1:00- 2:30pm Book Club (MR)
1:30- 3:30pm Cribbage (MPR)

8
9:30am- 2:15pm Fitness Classes (MPR)
9:30am Dog Walking Group
9:00am- 12:30pm Board/Committee Meetings (MR)
2:30- 4:00pm Jammers (GYM)
2:30- 4:00pm Bocce Ball (MPR)

9
9:15am- 12:30pm Fitness Classes (MPR)
1:00- 3:00pm Rummoli (MR)
1:00- 3:00pm Mahjong (MPR)
1:00- 3:00pm Tech Talk with Lloyd

13
9:15am- 1:00pm Fitness Classes (MPR)
1:30- 3:30pm Bridge (MPR)
1:00- 3:00pm Canasta (MR)
1:30- 3:30pm Bada Bingo (MPR)

14
9:30am- 1:00pm Fitness Classes (MPR)
9:30-11:30am Drop-In Coffee (MR)
11:00am Cycling Club
1:30- 3:30pm Cribbage (MPR)

15
9:30am- 2:15pm Fitness Classes (MPR)
9:00am- 12:30pm Board/Committee Meetings (MR)
9:30am Dog Walking Group
2:30- 4:00pm Jammers (GYM)
2:30- 4:00pm Bocce Ball (MPR)
11:45am Lunch of the Month

16
9:15am- 12:30pm Fitness Classes (MPR)
10:30am Ladies In Stitches (MR)
1:00- 3:00pm Rummoli (MR)
1:00- 3:00pm Mahjong (MPR)

20
9:15am- 1:00pm Fitness Classes (MPR)
1:30- 3:30pm Bridge (MPR)
1:00- 3:00pm Canasta (MR)
1:30- 3:30pm Murder Mystery (MPR)

21
9:30am- 1:00pm Fitness Classes (MPR)
9:30-11:30am Drop-In Coffee (MR)
11:00am Cycling Club
1:00- 2:30pm Mystery Book Club (MR)
1:30- 3:30pm Cribbage (MPR)

22
9:30am- 2:15pm Fitness Classes (MPR)
9:00am- 12:30pm Board/Committee Meetings (MR)
9:30am Dog Walking Group
2:45-3:45pm Woodhaven Menshed Band

23
9:15am- 12:30pm Fitness Classes (MPR)
1:00- 3:00pm Rummoli (MR)
1:00- 3:00pm Mahjong (MPR)
2:00- 4:00pm Tech Talk with Ed

27
9:15am- 1:00pm Fitness Classes (MPR)
1:30pm Food + Flicks (MPR)
1:30- 3:30pm Bridge (MPR)
1:00- 3:00pm Canasta (MR)

28
9:30am- 1:00pm Fitness Classes (MPR)
9:30-11:30am Drop-In Coffee (MR)
11:00am Cycling Club
1:00pm Happy Hour (patio)
1:30- 3:30pm Cribbage (MPR)

29
9:30am- 1:45pm Fitness Classes (MPR)
9:00am- 12:30pm Board/Committee Meetings (MR)
9:30am Dog Walking Group
2:30- 4:00pm Jammers (GYM)
2:30- 4:00pm Bocce Ball (MPR)
1:30- 3:30pm Bingo (patio)

30
9:15am- 12:30pm Fitness Classes (MPR)
9:30-11:00am Men's Drop-In Coffee (MR)
1:00- 3:00pm Rummoli (MR)
1:00- 3:00pm Mahjong (MPR)



AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

3

6:00pm Folkorama Bus Tour

4

9:30am- 1:00pm Fitness Classes (MPR)

9:30-11:30am Drop-In Coffee (MR)

11:00am Cycling Club

1:00- 2:30pm Book Club (MR)

1:30- 3:30pm Cribbage (MPR)

5

9:30am- 2:15pm Fitness Classes (MPR)

9:00am- 12:30pm Board/Committee Meetings (MR)

9:30am Dog Walking Group

2:30- 4:00pm Jammers (GYM)

2:30- 4:00pm Bocce Ball (MPR)

6

9:15am- 12:30pm Fitness Classes (MPR)

1:00- 3:00pm Rummoli (MR)

1:00- 3:00pm Mahjong (MPR)

10

9:15am- 1:00pm Fitness Classes (MPR)

1:30- 3:30pm Bridge (MPR)

1:00- 3:00pm Canasta (MR)

1:30- 3:30pm Bada Bingo (MPR)

11

9:30am- 1:00pm Fitness Classes (MPR)

9:30-11:30am Drop-In Coffee (MR)

11:00am Cycling Club

1:30- 3:30pm Cribbage (MPR)

12

9:30am- 2:15pm Fitness Classes (MPR)

9:00am- 12:30pm Board/Committee Meetings (MR)

9:30am Dog Walking Group

2:30- 4:00pm Jammers (GYM)

2:30- 4:00pm Bocce Ball (MPR)

13

9:15am- 12:30pm Fitness Classes (MPR)

1:00- 3:00pm Rummoli (MR)

1:00- 3:00pm Mahjong (MPR)

1:00- 3:00pm Tech Talk with Lloyd

17

9:15am- 1:00pm Fitness Classes (MPR)

1:30- 3:30pm Bridge (MPR)

1:00- 3:00pm Canasta (MR)

1:30- 3:30pm Online Reg Tutorial (MPR)

18

9:30am- 1:00pm Fitness Classes (MPR)

9:30-11:30am Drop-In Coffee (MR)

11:00am Cycling Club

1:00- 2:30pm Mystery Book Club (MR)

1:30- 3:30pm Cribbage (MPR)

19

9:30am- 2:15pm Fitness Classes (MPR)

9:00am- 12:30pm Board/Committee Meetings (MR)

9:30am Dog Walking Group

2:30- 4:00pm Jammers (GYM)

2:30- 4:00pm Bocce Ball (MPR)

11:45am Lunch of the Month

20

9:15am- 12:30pm Fitness Classes (MPR)

1:00- 3:00pm Rummoli (MR)

1:00- 3:00pm Mahjong (MPR)

10:30am Ladies In Stitches (MR)

1:00- 2:00pm Rick Roschuk (GYM + MPR)

24

9:15am- 1:00pm Fitness Classes (MPR)

1:30- 3:30pm Bridge (MPR)

1:00- 3:00pm Canasta (MR)

1:30- 3:30pm Wheel of Fortune (MPR)

25

9:30am- 1:00pm Fitness Classes (MPR)

9:30-11:30am Drop-In Coffee (MR)

11:00am Cycling Club

1:30- 3:30pm Cribbage (MPR)

26

9:30am- 1:45pm Fitness Classes (MPR)

9:00am- 12:30pm Board/Committee Meetings (MR)

9:30am Dog Walking Group

2:30- 4:00pm Jammers (GYM)

2:30- 4:00pm Bocce Ball (MPR)

1:30- 3:30pm Bingo (patio)

27

9:15am- 12:30pm Fitness Classes (MPR)

9:30-11:00am Men's Drop-In Coffee (MR)

1:00- 3:00pm Rummoli (MR)

1:00- 3:00pm Mahjong (GYM)

1:15pm Food + Flicks (MPR)

2:00- 4:00pm Tech Talk with Ed

31