

Wellness Calendar



Marjorie P. Lee — January 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
				1  No Classes Pools Closed No Staff on Duty	2 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	3
4	5 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	6 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	7 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	8 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	9 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	10
11	12 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	13 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	14 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	15 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	16 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	17
18	19 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	20 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	21 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	22 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	23 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	24
25	26 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	27 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	28 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	29 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	30 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	31
						