

Wellness Calendar



Deupree House — July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	2 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	3 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	4
<p>Reminder: On 4th of July Pools will be closed</p>						
5	6 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	7 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	8 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	9 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	10 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	11
12	13 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	14 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	15 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	16 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	17 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	18
19	20 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	21 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	22 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics Canceled	23 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	24 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC)	25
26	27 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	28 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	29 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	30 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	31 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	

