

Wellness Calendar



Marjorie P. Lee — July 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
Reminder: On 4th of July Pools will be closed			1 Tai Chi Flow 10 - 10:45am (EC)	2 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	3 Aqua Aerobics 9:30am - 10:15am	4
5	6 Chair Yoga 10:30 - 11:15am (EC) Aqua Aerobics 2:15pm - 3:00pm	7 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	8 Tai Chi Flow 10 - 10:45am (EC)	9 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	10 Aqua Aerobics Canceled	11
12	13 Chair Yoga 10:30 - 11:15am (EC) Aqua Aerobics 2:15pm - 3:00pm	14 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	15 Tai Chi Flow 10 - 10:45am (EC)	16 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	17 Aqua Aerobics 9:30am - 10:15am	18
19	20 Chair Yoga 10:30 - 11:15am (EC) Aqua Aerobics 2:15pm - 3:00pm	21 Balance Class Canceled Chair Class Video 10:30 - 11:15am (EC)	22 Tai Chi Flow 10 - 10:45am (EC)	23 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	24 Aqua Aerobics 9:30am - 10:15am	25
26	27 Chair Yoga 10:30 - 11:15am (EC) Aqua Aerobics 2:15pm - 3:00pm	28 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	29 Tai Chi Flow 10 - 10:45am (EC)	30 Balance Class 10:15 - 10:30am (EC) Chair Class 10:30 - 11:15am (EC)	31 Aqua Aerobics 9:30am - 10:15am	

