

Wellness Calendar

Deupree House - October 2026



Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur day
				1 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	2 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC)	3
4	5 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	6 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	7 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	8 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	9 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC)	10
11	12 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)	13 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	14 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	15 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	16 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC)	17
18	19 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC) Chair Yoga Canceled	20 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	21 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	22 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	23 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC)	24
25	26 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	27 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	28 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	29 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	30 Chair Class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair Class 10:45-11:30am (EC)	31



Deupree House Fitness Zone: (513) 979-2265