



February 2026

WELLNESS OFFERINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00am Chair Pilates 10:00am Chair Yoga	3 No Line Dance	4 9:00am + LIVE Instructor+ Total Body Exercise Class w/ loop Band 10:00am *Chair volleyball	5	6	7
8	9 9:00am Chair Pilates 10:00am Chair Yoga	10 10am *From the Top – Line Dance Class	11 9:00am + LIVE Instructor+ Total Body Exercise Class w/ loop Band 10:00am *Chair volleyball	12	13	14
15	16 9:00am Chair Pilates 10:00am Chair Yoga	17 10am *From the Top – Line Dance Class	18 9:00am + LIVE Instructor+ Total Body Exercise Class w/ loop Band 10:00am *Chair volleyball	19	20	21
22	23 9:00am Chair Pilates 10:00am Chair Yoga	24 10am *From the Top – Line Dance Class	25 9:00am + LIVE Instructor+ Total Body Exercise Class w/ loop Band 10:00am *Chair volleyball	26	27	28

*Resident-led

Coming Soon

Aquatic Fitness Classes resume in March!

To ensure the best class experience, participants **must** bring a pool noodle and aqua dumbbells so instructors can plan accordingly.