

February 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 9:30 Learn Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	3 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF) 2:00 Balance Plus (GF)	4 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	5 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	6 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

February Fitness & Wellness News

Pool Noodle Hockey

**Thursday, February 12th
at 3:00 p.m.
in the Grande**

Back by popular demand! This is a fun game to enjoy using the pool noodles. Participants will be seated in chairs and will use pool noodles to try and score a goal for their team. No hockey experience necessary. Like chair volleyball, this game will have you cheering and laughing your team to victory. Sign up on the App.

Additional classes added!

Balance Plus at 2:00 p.m. on Tuesdays

Beginning Tai Chi at 9:30 a.m. on Mondays

As a result of the Exercise/Wellness surveys, we are adding an afternoon balance class on Tuesdays at 2:00 p.m. If this class is well attended, it will remain on the calendar in March. In addition, there were people requesting a beginning Tai Chi class to learn the moves. This beginning class will be held on Mondays at 9:30 a.m. beginning on Monday, Feb. 2nd. This class will build on the material presented each week, so you will need to attend from the first class. If you have any questions, please contact Patti or Jai.

Classes are held in the Group Fitness Room.

Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.

We value your feedback and look forward to hearing from you!

Patti Kunselman, Wellness Manager, 405-4566 Jaichelle Thomas, Fitness Assistant, 405-4532