

August 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 10:00 Gentle Yoga (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	4 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	5 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)	6 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	7 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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24 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 10:00 Gentle Yoga (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	25 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	26 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)	27 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	28 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)

P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

August Fitness & Wellness News

Is drinking coffee beneficial to your health?

According to a study released in July by the American Heart Association, drinking 1-5 cups of black coffee a day (without sugars, sweeteners, and flavors) appears to lower your risk of heart disease, heart failure and strokes in some individuals. It is believed that the bioactive compounds in coffee may have antioxidant and anti-inflammatory properties. However, consuming higher amounts of caffeine, such as levels found in Energy drinks, increases your risk of high blood pressure and heart arrhythmias. So enjoy your cup of black coffee!

Have you had a MicroFit Assessment?

MicroFit is a software system that analyzes different fitness measurements and compares your scores with others in your age group and those scores against a national benchmark. It provides you with information about your strength, flexibility, blood pressure, and body composition. The assessment takes about thirty minutes and can be scheduled at your convenience. Patti or Jai will perform the test and will review the results with you. If you need assistance on how to improve your exercise routine or how to start an exercise routine, we will help you to achieve those goals. Call Patti or Jai to set up your MicroFit assessment!

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