



August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Civic Holiday	4	5 9:30 – 10:10 – Chairs 10:15 – 11:00 – Strength and Stretch 10:20 – 11:05 - Aquacise	6	7 9:30 – 10:10 – Mats 10:20 – 11:05 - Aquacise
10 9:30 – 10:10 – Chairs 10:20 – 11:05 - Aquacise	11	12 9:30 – 10:10 – Chairs 10:15 – 11:00 – Strength and Stretch 10:20 – 11:05 - Aquacise	13 Gimli	14 9:30 – 10:10 – Mats 10:20 – 11:05 - Aquacise
17 9:30 – 10:10 – Chairs 10:20 – 11:05 - Aquacise	18	19 9:30 – 10:10 – Chairs 10:15 – 11:00 – Strength and Stretch 10:20 – 11:05 - Aquacise	20	21 9:30 – 10:10 – Mats 10:20 – 11:05 - Aquacise
24 9:30 – 10:10 – Chairs 10:20 – 11:05 - Aquacise	25	26 9:30 – 10:10 – Chairs 10:15 – 11:00 – Strength and Stretch 10:20 – 11:05 - Aquacise	27	28 9:30 – 10:10 – Mats 10:20 – 11:05 - Aquacise
31 9:30 – 10:10 – Chairs 10:20 – 11:05 - Aquacise				

Gimli – Thurs., Aug. 13



Pick-up at Sgt. Tommy Prince Place at 5:45 p.m.