



July, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Canada Day	2	3
6 9:30-10:10 – Chairs 10:20-11:00 – Tai Chi 11:20-11:05 Aquacise	7	8 9:30-10:10 – Chairs 10:15-11:00 – Strength and Stretch 10:20-11:05 – Aquacise	9	10 9:30-10:10 Mats 10:20-11:05 - Aquacise
13 9:30-10:10 – Chairs 10:20-11:00 – Tai Chi 11:20-11:05 Aquacise	14	15 9:30-10:10 – Chairs 10:15-11:00 – Strength and Stretch 10:20-11:05 – Aquacise	16	17 9:30-10:10 Mats 10:20-11:05 – Aquacise
20 9:30-10:10 – Chairs 10:20-11:00 – Tai Chi 11:20-11:05 Aquacise	21	22 9:30-10:10 – Chairs 10:15-11:00 – Strength and Stretch 10:20-11:05 – Aquacise	23	24 9:30-10:10 Mats 10:20-11:05 – Aquacise
27 9:30-10:10 – Chairs 10:20-11:00 – Tai Chi 11:20-11:05 Aquacise	28	29 9:30-10:10 – Chairs 10:15-11:00 – Strength and Stretch 10:20-11:05 – Aquacise	30	31 9:30-10:10 Mats 10:20-11:05 – Aquacise