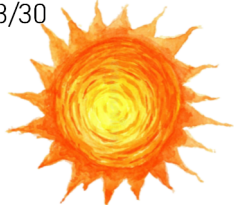


August 2026

Wellness Studio Schedule at The Clubhouse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All classes occur in the Wellness Studio at the Clubhouse						1 
2	3 3:15p—Gentle Yoga	4 3:00pm—Tai Chi	5	6	7 2p—Body Balance	8
9 Cleaning of the Room occurs on	10 3:15p—Gentle Yoga	11 3:00pm—Tai Chi	12	13	14 2p—Body Balance	15
16	17 3:15p—Gentle Yoga	18 3:00pm—Tai Chi	19	20	21	22
23/30 	24/31 3:15p—Gentle Yoga	25 3:00pm—Tai Chi	26	27	28	29