



September 2026



Wellness Studio; Clubhouse at The Woods

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