



JULY 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 CLOSED	4 CLOSED
5 CLOSED	6 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	7 Fit Over 40 9a – 10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	8 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	9 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	10	11
12 CLOSED	13 20/20/20 9a-10a Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	14 Fit Over 40 9a – 10a SS Classic 10:30a-11:15a Master the Machines 1p-2p SS Classic 2:30p-3:15p	15 Stability and Stretch 9a-10a SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	16 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	17	18
19 CLOSED	20 Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	21 Fit Over 40 9a – 10a SS Classic 10:30a-11:15a SS Classic 2:30p-3:15p	22 SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	23 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	24	25
26 CLOSED	27 Chair Yoga 10:30a-11:15a SS Classic 11:45a - 12:30p	28 Fit Over 40 9a – 10a SS Classic 10:30a-11:15a SS Classic 2:30p-3:15p	29 SS Classic 10:30a-11:15a Yoga 5:30p-6:15p	30 20/20/20 9a-10a SS Classic 10:30a-11:15a SS Classic 11:45a-12:30p	31	

FLAT ROCK COMMUNITY CENTER RESERVES THE RIGHT TO CHANGE THIS SCHEDULE AS NEEDED.