



NOVEMBER 2026 FITNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED	2	3	4 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	5	6	7
8 CLOSED	9 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p Tai Chi 5:30p-6:15p	10 Fit Over 40 9a-10a SS Classic 10:30a-11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p	11 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	12 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	13 Aquacise 11:30a-12:30p	14
15 CLOSED	16 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p Tai Chi 5:30p-6:15p	17 Fit Over 40 9a-10a SS Classic 10:30a-11:15a Move for Life 11:30a-12p SS Classic 12:30p-1:15p	18 Stability & Stretch 9a-10a SS Classic 10:30a-11:15a Aquacise 11:30a-12:30p Strength for Life 11:30a-12p SS Classic 12:30p-1:15p Yoga 5:30p-6:15p	19 20/20/20 9a-10a SS Classic 10:30a-11:15a Mind for Life 11:30a-12p SS Classic 12:30p-1:15p	20 Aquacise 11:30a-12:30p	21
22 CLOSED	23	24	25	26 CLOSED THANKSGIVING	27	28
29 CLOSED	30 20/20/20 9a-10a SS Classic 10:30a-11:15a Chair Yoga 11:30a-12:15p Aquacise 11:30a-12:30p SS Classic 12:30p-1:15p Master the Machines 1:30p-2:30p Tai Chi 5:30p-6:15p					

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