



AUGUST 2026 FITNESS CALENDAR



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

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