August 2026 Group X Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						10AM-2PM Martial Arts
2	3	4	5	6	7	8
10:30-11:30AM Chair Yoga (offsite)		8-9AM Chair Yoga (offsite) 8:30-9:30AM Aqua Fitness 10-10:50AM SilverSneakers Classic	6:30PM Walk to Run	11:30AM-12:20PM SilverSneakers Classic 6-7PM Tai Chi for Arthritis (offsite)		10AM-2PM Martial Arts
9	10	11	12	13	14	15
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite) 8:30-9:30AM Aqua Fitness 10-10:50AM SilverSneakers Classic	7-8PM Yoga For Self-Care	11:30AM-12:20PM SilverSneakers Classic 6-7PM Tai Chi for Arthritis (offsite)	10-10:50AM Ageless Grace	10AM-2PM Martial Arts
16	17	18	19	20	21	22
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite) 8:30-9:30AM Aqua Fitness 10-10:50AM SilverSneakers Classic	7-8PM Yoga for Self-Care	11:30AM-12:20PM SilverSneakers Classic 6-7PM Tai Chi for Arthritis (offsite)		10AM-2PM Martial Arts
23	24	25	26	27	28	29
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga	8-9AM Chair Yoga (offsite) 8:30-9:30AM Aqua Fitness 10-10:50AM SilverSneakers Classic	7-8PM Yoga for Self-Care	11:30AM-12:20PM SilverSneakers Classic 6-7PM Tai Chi for Arthritis (offsite)		10AM-2PM Martial Arts
30	31					
10:30-11:30AM Chair Yoga (offsite)	7-7:45PM Ayurvedic Yoga				Bloomingdale Park District	