

FITNESS CLASSES WITH DONNA

JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED HAPPY NEW YEAR	2 YOGA 9:30 – 10:30	3
4	5 YOGA 9:30 – 10:30	6 CIRCUIT 9:30 – 10:30	7 YOGA 9:30 – 10:30	8 BOOM 9:30 – 10:30	9 YOGA 9:30 – 10:30	10
11	12 YOGA 9:30 – 10:30	13 CIRCUIT 9:30 – 10:30	14 YOGA 9:30 – 10:30	15 BOOM 9:30 – 10:30	16 YOGA 9:30 – 10:30	17
18	19 YOGA 9:30 – 10:30	20 CIRCUIT 9:30 – 10:30	21 YOGA 9:30 – 10:30	22 BOOM 9:30 – 10:30	23 YOGA 9:30 – 10:30	24
25	26 YOGA 9:30 – 10:30	27 CIRCUIT 9:30 – 10:30	28 YOGA 9:30 – 10:30	29 BOOM 9:30 – 10:30	30 YOGA 9:30 – 10:30	31



SilverSneakers
by Tivity Health