

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SATURDAY 9:30am Fitness with Kristen (Azalea) 6pm Music & Movement w/Ann (Azalea) 2 SUNDAY 9:30am Exercise (in both houses) 6pm Hymn-Sing and Fitness (Azalea)	3 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	4 9:30am Music & Movement with Emily (Sunroom) 4pm Fitness with Kristen (Azalea)	5 9:30am Music & Movement with Emily (Azalea) 3:00pm Fitness with Ann (Sunroom)	6 9:30am Music & Movement with Emily (Sunroom) 3:30pm Fitness with Ann (Sunroom)	7 9:30am Music and Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)	8 9:30am Morning Stretches with Ruth (Azalea) 1pm Fitness with Ruth (Sunroom)
9 9:30am Exercise (in both houses) 1pm Fitness with Ruth (Sunroom)	10 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	11 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	12 9:30am Music & Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)	13 9:30am Music & Movement with Emily (Sunroom) 3:00pm Fitness with Ann (Azalea)	14 9:30am Music and Movement with Emily (Azalea) 3:00pm Fitness with Emily (Azalea)	15 9:30am Morning Stretches (Azalea) 6pm Music & Movement w/Ann (Azalea)
16 9:30am Exercise (in both houses) 2pm Fitness with Ann (Azalea) 6:30pm Fitness with Ann (Azalea)	17 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	18 9:30am Music & Movement with Emily (Sunroom) 3pm Fitness with Kristen (Azalea)	19 9:30am Music & Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)	20 9:30am Music & Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Azalea)	21 9:30am Music and Movement with Emily (Azalea) 3:00pm Fitness with Emily (Azalea)	22 9:30am Morning Exercise (Azalea) 2pm Exercise with Ruth (Azalea)
23 9:30am Exercise (in both houses) 1pm Chair Exercises with Ruth (Sunroom)	24 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Ann (Azalea)	25 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	26 9:30am Music & Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)	27 9:30am Music & Movement with Emily (Sunroom) 3:00pm Fitness with Ann (Azalea)	28 9:30am Music and Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)	29 9:30am Fitness with Kristen (Azalea) 2pm Fitness with Ann (Azalea) 6pm Music & Movement w/Ann
30 9:30am Exercise (in both houses)	31 9:30am Music & Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)	August 2026 Exercise Calendar Color code for location: Sunroom / Azalea Living Room / Both houses 				