

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2026 Exercise Calendar</h1> <p><i><u>Color code for location:</u></i></p> <p><i>Sunroom / Azalea Living Room / Both houses</i></p>			<p>1 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Ann (Sunroom)</p>	<p>2 9:30am Music &amp; Movement with Emily (Sunroom)</p> <p>3:00pm Fitness with Ann (Azalea)</p>	<p>3 9:30am Music and Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Emily (Azalea)</p>	<p>4 INDEPENDENCE DAY 9:30am Daily Chronicles and Exercise (Azalea)</p> <p>1pm Fitness with Ann (Sunroom)</p>
<p>5 9:30am Exercise (in both houses)</p> <p>1pm Fitness with Ann (Sunroom)</p>	<p>6 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3pm Fitness with Kristen (Azalea)</p>	<p>7 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3pm Fitness with Kristen (Azalea)</p>	<p>8 10am Fitness with Ann (Azalea)</p> <p>3pm Fitness with Ann (Sunroom)</p>	<p>9 9:30am Fitness with Ann (Azalea)</p> <p>3:00pm Fitness with Ann (Azalea)</p>	<p>10 9:30am Exercise with Kristen (Azalea)</p> <p>3:00pm Fitness with Kristen (Azalea)</p>	<p>11 9:30am Morning Exercise with Kristen (Azalea)</p> <p>1pm Fitness with Ruth (Sunroom)</p>
<p>12 9:30am Exercise (in both houses)</p> <p>1pm Fitness with Ruth (Sunroom)</p>	<p>13 10am Fitness with Ann (Azalea)</p> <p>3:00pm Fitness with Ann (Azalea)</p>	<p>14 9:30am Fitness with Ann (Azalea)</p>	<p>15 9:30am Morning Exercise with Kristen (Azalea)</p> <p>3pm Fitness with Ann (Sunroom)</p>	<p>16 9:30am Fitness with Ann (Azalea)</p> <p>3:30pm Fitness with Ann (Azalea)</p>	<p>17 3:00pm Fitness with Kristen (Azalea)</p>	<p>18 9:30am Daily Chronicles and Exercise (Azalea)</p> <p>1pm Fitness with Ann (Sunroom)</p>
<p>19 9:30am Exercise (in both houses)</p> <p>1pm Fitness with Ann (Sunroom)</p>	<p>20 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3pm Fitness with Kristen (Azalea)</p>	<p>21 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3:30pm Fitness with Kristen (Azalea)</p>	<p>22 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Kristen (Sunroom)</p>	<p>23 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Kristen (Azalea)</p>	<p>24 9:30am Music and Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Kristen (Azalea)</p>	<p>25 9:30am Morning Exercise with Kristen (Azalea)</p> <p>1pm Fitness with Ruth (Sunroom)</p>
<p>26 9:30am Exercise (in both houses)</p> <p>1pm Fitness with Ruth (Sunroom)</p>	<p>27 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3pm Fitness with Kristen (Azalea)</p>	<p>28 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>4pm Fitness with Kristen (Azalea)</p>	<p>29 9:30am Music &amp; Movement with Emily (Azalea)</p> <p>3pm Fitness with Ann (Sunroom)</p>	<p>30 9:30am Music &amp; Movement with Emily (Sunroom)</p> <p>3:00pm Fitness with Ann (Azalea)</p>	<p>31 9:30am Music and Movement with Emily (Azalea)</p> <p>3:00pm Fitness with Kristen (Sunroom)</p>	 <p><b>Trouvaille</b> Memory Care</p>