

AUGUST



2026

"August is your reminder: Summer isn't over, and neither are your goals. Show up. Stay strong. Finish what you started."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: Class Locations BLUE = POOL PURPLE = STUDIO A RED = STUDIO B	GREEN WRITING = Class Cancellations OR Announcements	WHAT IS ACTIVTRAX? FITNESS EDUCATION & PROGRESS TRACKING				1 9:30AM BODYSCULPT 10:45AM ZUMBA
2	8:30AM Aqua Aerobics 3 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	4 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM YOGA	5 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	6 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	7 8:30AM Aqua Aerobics	8 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
9	8:30AM Aqua Aerobics 10 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	11 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM YOGA	12 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	13 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	14 8:30AM Aqua Aerobics 5:00pm Sweat before the Set LIVE! @ Nankin Square & Amphitheatre	15 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
16	8:30AM Aqua Aerobics 17 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	18 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM YOGA	19 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	20 8:30AM Sun. Strength 6:00PM Wellness Day @ Westland Farmers Market 7:00PM ACTIVTRAX 7:30PM PILATES	21 8:30AM Aqua Ae robics	22 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
23	8:30AM Aqua Aerobics 24 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES	25 8:30AM AQUA HIIT 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM YOGA	26 8:30AM Chair Yoga 6:00PM ZUMBA 6:30PM Aqua FIT 7:30 PM DSKO	27 8:30AM Sun. Strength 6:00PM BODSQUAD 7:00PM ACTIVTRAX 7:30PM PILATES	28 8:30AM Aqua Aerobics	29 9:30AM FIT in the Park Tattan Park - Westland 10:45AM ZUMBA
30	8:30AM Aqua Aerobics 31 10:00AM Strength & Chair Aerobics 6:00PM STEP SYNC 7:30PM PILATES					