

September 2026



WELLNESS &
COMMUNITY CENTER
At Brethren Care Village

Membership Hours

Monday-Friday: 6:00 am to 8:00 pm
Saturday: 6:00 am to 6:00 pm; Sunday: CLOSED

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 9:00 SS Water Aerobics 10:00 SS Water Arthritis 10:00 Parkinson's 11:00 Tune Up Tues. 2:00 SS Splash Class	2 9:00 SS Classic 9:00 SS Water Aerobics 10:00 SS Water Arthritis	3 8:30 Veteran's Group 9:30 SS Chair Yoga 11:00 SS Tai Chi 2:00 SS Splash Class	4 9:00 SS Circuit	5
6	7 CLOSED FOR LABOR DAY	8 9:00 SS Water Aerobics 10:00 SS Water Arthritis 2:00 SS Splash Class	9 9:00 SS Classic 9:00 SS Water Aerobics 10:00 SS Water Arthritis 1:45/3:15 Yoga w/Shirley	10 9:30 SS Chair Yoga 10:30 Golden Center 11:00 SS Tai Chi 2:00 SS Splash Class	11 9:00 SS Circuit	12
13	14 10:00 SS Classic 11:00 SS Circuit	15 9:00 SS Water Aerobics 10:00 SS Water Arthritis 2:00 SS Splash Class	16 9:00 SS Classic 9:00 SS Water Aerobics 10:00 SS Water Arthritis 1:45/3:15 Yoga w/Shirley	17 9:30 SS Chair Yoga 11:00 SS Tai Chi 2:00 SS Splash Class	18 9:00 SS Circuit	19
20	21 10:00 SS Classic 11:00 SS Circuit	22 9:00 SS Water Aerobics 10:00 SS Water Arthritis 2:00 SS Splash Class	23 9:00 SS Classic 9:00 SS Water Aerobics 10:00 SS Water Arthritis 1:45/3:15 Yoga w/Shirley	24 9:30 SS Chair Yoga 11:00 SS Tai Chi 2:00 SS Splash Class	25 9:00 SS Circuit	26
27	28 10:00 SS Classic 11:00 SS Circuit	29 9:00 SS Water Aerobics 10:00 SS Water Arthritis 2:00 SS Splash Class	30 9:00 SS Classic 9:00 SS Water Aerobics 10:00 SS Water Arthritis 1:45/3:15 Yoga w/Shirley			

Color Key Code: Red - Silver Sneaker Classes;
Green - Special Events; Blue - \$5.00/Members, \$10.00/Non-Members

