

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2026



1	2	3	4	5	6	7
9am- Fitness w/ Marni 11:30am-Chair Yoga w/ Candi Groundhog Day	9am-Fitness w/ Marni (Paid by residents) 10am- Stretch-n-Tone w/ Sonja	9am-Fitness w/ Marni	10am-Fitness w/ Marni (Paid by residents) 11:30am-Chair Yoga & Meditation Candi	10am- Stretch - n- Tone w/ Robin	10am-You Tube sit & Fit	
8	9	10	11	12	13	14
9am-Fitness w/ Marni 11:30am- Chair Yoga w/ Candi	9am-Fitness w/ Marni (Paid by residents) 10am-Stretch-n-Tone w/ Sonja	9am-Fitness w/ Marni	10am-Fitness w/ Marni (Paid by residents) 11:30am-Chair Yoga & Meditation Candi	10am- Stretch - n- Tone w/ Robin	10am-You Tube sit & Fit	
						Valentine's Day
15	16	17	18	19	20	21
9am-Fitness w/ Marni 11:30am - Chair Yoga Candi Office Closed Presidents' Day (U.S.)	9am-Fitness w/ Marni (Paid by residents) 10am-Stretch -n- Tone w/ Sonja	9am-Fitness w/ Marni	10am-fitness w/ Marni (Paid by residents) 11:30am Chair Yoga & Meditation Candi	10am- Stretch-n- Tone w/ Robin	10am-You Tube sit & Fit	
22	23	24	25	26	27	28
9am-Fitness w/ Marni 11:30am- Chair Yoga Candi	9am-Fitness w/ Marni (Paid by residents) 10am- Stretch-n- Tone	9am-Fitness w/ Marni	10am-Fitness w/ Marni (Paid by residents) 11:30am- Chair Yoga & Meditation Candi	10am- Stretch - n- Tone w/ Robin	10am- You Tube sit & Fit	