

SEPTEMBER



Yoga:
Elders @ 10:30AM
Fitness Center @ 12PM
Mon & Wed

Dance Fitness
Fitness Center @12PM
Tuesdays

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga	1	2 Yoga MEAL PREP	3	4 Early Release	5 
6	7 Holiday Closure	8 Dance Fitness	9 Yoga	10 MEAL PREP (HOLIDAY DELAY)	11	12
13 Troll Hunt- hike 10am (Issaquah)	14 Yoga	15 Dance Fitness	16 Yoga MEAL PREP	17	18	19 Women's Mud Run (Washougal)
20 	21 Yoga	22 Dance Fitness	23 Yoga MEAL PREP	24	25	26
27 	28 Holiday Closure	29 Dance Fitness	30 Orange Shirt Day (walk) 11am-12:30PM MEAL PREP			