



AQUAFIT ACTIVITIES CENTER CALENDAR July 2026



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
NOP - Not Open To Public	IN BLUE: OPEN TO EVERY- ONE. PLEASE JOIN	All classes and activities are subject to change	Email: Activities@mbchg.org	If there's a class you'd like to teach, please contact Dottie Hennacy at director@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	
			1 Yoga 9-10am	2 Stretch & Tone 10-11	3 Water No class	4
5	6 Yoga 9-10am	7 Stretch & Tone 10-11	8 Yoga 9-10am 1-3 :30 Sportettes	9 Stretch & Tone 10-11	10 Water No class Parkinson's Mtg. 11:30-12:30	11 Life Stream Blood Drive 9 to 2
12	13 Yoga 9-10am	14 Stretch & Tone 10-11	15 Yoga 9-10am	16 Stretch & Tone 10-11 4:00-6:00 Board Mtg. 6:00-8:00 Old Car Club	17 Water No class	18 Life Stream Blood Drive 9 to 2
19	20 Yoga 9-10am	21 Stretch & Tone 10-11	22 Yoga 9-10am	23 Stretch & Tone 10-11	24 Water No class	25 Life Stream Blood Drive 9 to 2
26	27 Yoga 9-10am	28 Stretch & Tone 10-11	29 Yoga 9-10am	30 Stretch & Tone 10-11	31 Water No class	