



AquaFit Updates & Events

Things are moving forward at AquaFit, and we're excited about the progress being made. As we continue improving the center, we are also strengthening our cleaning process. We are pleased to welcome a new cleaning professional and appreciate all the volunteers who assisted with cleaning during the transition. We wish Aloma all the best in her future endeavors.

Up First: Cinco de Mayo (May 5th)

Join us for an evening featuring lots of Mexican food! We will be reaching out soon for help with decorations, games, drinks, and food—stay tuned.

Special Thanks

A heartfelt thank you to our 31 volunteers, with special recognition to:

- Scott and Joe for yard work
- Strom for computer support
- Cassie and Pat for repair work
- All volunteers who helped with cleaning efforts

Thank you for being part of our AquaFit community 💙

Fun Events coming up for the year

- Cinco De Mayo Party, May -
- Plant & Yard Sale, June -
- Rubber Duckie Day, September -

- Thanksgiving Party, November -
 - Christmas Cookie Exchange, December -
- AMONG OTHERS!



Celebrate Cinco De Mayo with us at AquaFit on Tuesday, May 5th and enjoy a big taco bar and games!

Event Details

Date: May 5, 2026 (Tuesday)

Time: 5:00 PM – 8:00 PM

Tickets: \$25 per person

Here Are the Schedules!

Always check the pool desk for the most up-to-date class schedule



57121 Sunnyslope Dr., Yucca Valley
(760) 365-9661

POOL SCHEDULE

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM <i>Advanced Aerobics</i> Wanda Stadium	7 AM <i>Advanced Aerobics</i> Wanda Stadium	7 AM No Class	7 AM <i>Advanced Aerobics</i> Wanda Stadium	7 AM <i>Advanced Aerobics</i> Wanda Stadium
8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Cecilia Neale	8 AM <i>Intermediate Aerobics</i> Sunny Evans
9 AM <i>Yoga in the Water</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scott McKone	9 AM <i>Yoga in the Water</i> Sunny Evans	9 AM <i>Active Warm Water</i> Scott McKone	9 AM <i>Yoga in the Water</i> Sunny Evans
10 AM <i>Rockin' & Rollin' Aerobics</i> Kathryn Hilton	10 AM <i>Intro to Aerobics</i> Donna Tomlinson	10 AM <i>Basic Warm Water</i> Kathy Breslin	10 AM <i>Intro to Aerobics</i> Donna Tomlinson	10 AM <i>Basic Warm Water</i> Kathy Breslin
11 AM <i>Active Warm Water</i> Terry Medford	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Basic Warm Water</i> Kathy Breslin	11 AM <i>Walkie-Talkie</i> Joyce Johnson	11 AM <i>Active Warm Water</i> Terry Medford
12 PM <i>Aerobics</i> Tommy Dodson	12 PM No class	12 PM <i>Aerobics</i> Tommy Dotson	12 PM No class	12 PM <i>Aerobics</i> Tommy Dodson
	6-8 PM <i>Active Adult Volleyball</i> Anita/Michal Brock			
OUR HOURS ARE MON-FRI 7am to 1:30pm WED 8am to 1:30pm				

****Schedule is subject to change****



AQUAFIT ACTIVITIES CENTER CALENDAR April 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	2 Yoga 9-10am	3 Stretch & Tone 10-11	4 Yoga 9-10am	5 Stretch & Tone 10-11	6 No watercolor class	7
8	9 Yoga 9-10am	10 Stretch & Tone 10-11	11 Yoga 9-10am 1-3:30 Sportettes	12 Stretch & Tone 10-11 1-4 Bunco	13 No watercolor class Parkinson's Mtg. 11:30-12:30	14
15	16 Yoga 9-10am	17 Stretch & Tone 10-11	18 Yoga 9-10am	19 Stretch & Tone 10-11 4:00-6:00 Board Mtg. 6:00-8:00 Old Car Club	20 Watercolor 9-11	21
22	23 Yoga 9-10am	24 Stretch & Tone 10-11	25 Yoga 9-10am	26 Stretch & Tone 10-11	27 Watercolor 9-11	28
29	30 Yoga 9-10am	31 Stretch & Tone 10-11				

We have a place for you!

We are always welcoming new volunteers! Join our fantastic team of pool and land instructors, front desk greeters, and computer whizzes. Have a special talent or unique hobby? We'd love to have you host a class!



We want to hear from you!

This newsletter is for YOU. Do you have announcement? A special thank you? A story about how the Center has impacted your life? We want to hear it! Email us at admin@mbchg.org (please put ATTN: Newsletter in the subject line).



AquaFit (formerly The Center for Healthy Generations)
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Connect with us



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