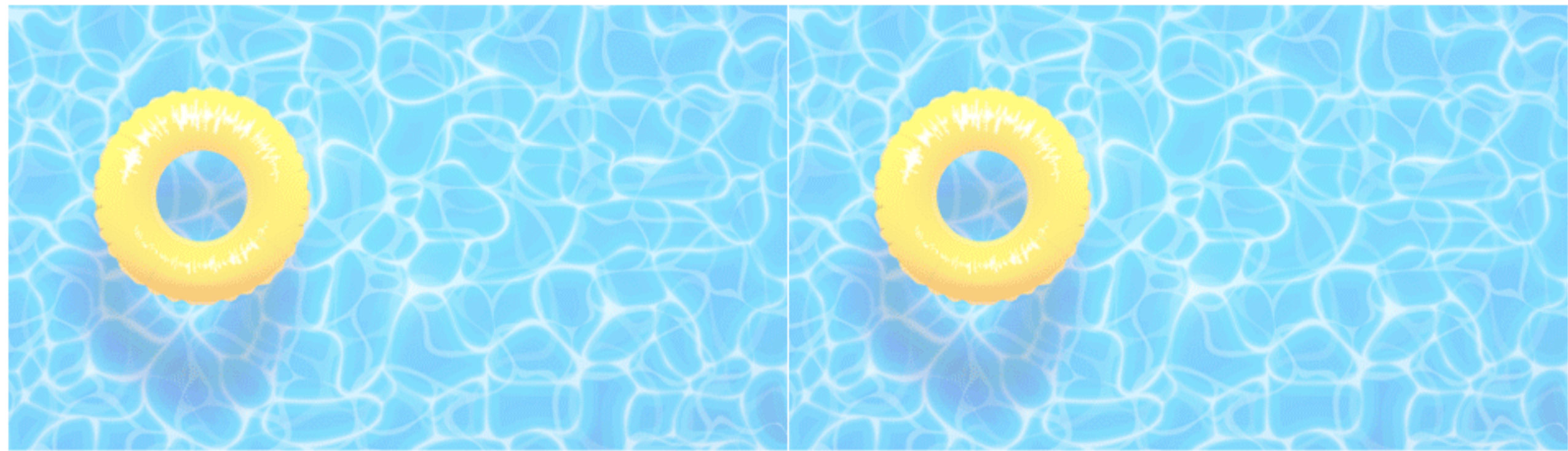


JULY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
IT'S WATER MONTH Drink it, swim it... cool it!				1	2	3
				8:30 am (40m) SOLID FLOW		9:00 am (40m) STRONGER 9:45 am (30m) MOBILITY TARGETS: Hip openers
5	6	7	8	9	10	11
10:00 am (60m) OUTDOOR CIRCUIT 11:00 am BREKKY BREAK	8:30 am (40m) STRONG 'n MOBILE		8:30 am (40m) SOLID FLOW		9:00 am (40m) STRONGER 9:45 am (30m) MOBILITY TARGETS: Running	
12	13	14	15	16	17	18
10:00 am (60m) OUTDOOR CIRCUIT	8:30 am (40m) STRONG 'n MOBILE		8:30 am (40m) SOLID FLOW			3RD ANNUAL FARM-FEST
19	20	21	22	23	24	25
10:00 am (60m) OUTDOOR CIRCUIT	8:30 am (40m) STRONG 'n MOBILE		8:30 am (40m) SOLID FLOW		9:00 am (40m) STRONGER 9:45 am (20m) MOBILITY TARGETS: Rowing	
26	27	28	28	30	31	
10:00 am (60m) OUTDOOR CIRCUIT	8:30 am (40m) STRONG 'n MOBILE		8:30 am (40m) SOLID FLOW			

DONATIONS ❤️ JUL AUG SEPT 2026



Canadian
Cancer
Society

SCHEDULE IS IN PACIFIC TIME

