

February 2026

WELLNESS CENTER CALENDAR

created with 

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Here are 4 Wellness Wins!									
1. Love Your Heart: Eat one extra serving of leafy greens or berries daily to honor American Heart Month.		11:15 Balance & Fall Prevention Training [WC] 1:30  Cardio Drumming [WC]	1 Groundhog Day 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	2 9:30  Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	3 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	4 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30  Lower Focus [WC]	5 9:30  Aqua Fitness w/ Shameka 11:15  Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	6 9:30  Aqua Fitness w/ Shameka 11:15  Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	7 11:15  Cardio Drumming [WC] 1:30  Lower Focus [WC]
2. Chase the Light: Sit by a sunny window for 15 minutes each morning to boost your mood and Vitamin D levels.									
3. Stay Limber: Do five "sit-to-stands" from a sturdy chair every time a commercial break comes on to maintain leg strength.		11:15 Balance & Fall Prevention Training [WC] 1:30  Cardio Drumming [WC]	8 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9 9:30  Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	10 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	11 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30  Lower Focus [WC]	12 9:30  Aqua Fitness w/ Shameka 11:15  Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	13 9:30  Valentine's Day 9:30  Cardio Drumming [WC]	14 1:30  Lower Focus [WC]
4. Beat the Chill: Reach out to one friend or family member a week for a "check-in" chat to keep seasonal isolation at bay.									
Jot Down Your Reflections:		11:15 Balance & Fall Prevention Training [WC] 1:30  Cardio Drumming [WC]	15 President's Day 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	16 9:30  Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	17 9:30  Upper Body Focus [WC] 11:15  Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	18 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30  Lower Focus [WC]	19 9:30  Aqua Fitness w/ Shameka 11:15  Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	20 9:30  Aqua Fitness w/ Shameka 11:15  Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	21 11:15  Cardio Drumming [WC] 1:30  Lower Focus [WC]
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Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.		 <p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p>		<p>Location Keys</p> <p>WC</p>		<p>"Surrender to what is. Let go of what was. Have faith in what will be."</p> <p>— Sonia Ricotti</p>		<p>Let all that you do be done in love.</p> 	