February 2026

Heinz-Willett Center for Well-being

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tu B'Shevat Begins	**2** 9:00am Senior Fitness 3:00pm Drums Alive Advanced (boom whackers) Groundhog Day	**3** 12:30pm Tai Chi 2:00pm Balance & Strength 3:00pm Total Yoga	**4** 9:00am Senior Fitness 1:00pm Drums Alive In Motion	**5** 12:30pm Gentle Yoga 2:00pm Balance & Strength 3:00pm Step Aerobics & Kick Boxing	**6** 9:00am Senior Fitness 10:15am Qigong 1:00pm Drums Alive In Motion	**7**
8	**9** 9:00am Senior Fitness 3:00pm Drums Alive Advanced	**10** 12:30pm Tai Chi 2:00pm Balance & Strength 3:00pm Total Yoga	**11** 9:00am Senior Fitness 1:00pm Drums Alive In Motion	**12** *Blood Drive 9am-1pm* 12:30pm Gentle Yoga	**13** 9:00am Senior Fitness 10:15am Qigong 1:00pm Drums Alive In Motion	**14** Valentine's Day
15	**16** CLOSED Holiday Presidents' Day (U.S.)	**17** 12:30pm Tai Chi 2:00pm Balance & Strength 3:00pm Total Yoga Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	**18** 9:00am Senior Fitness 1:00pm Drums Alive In Motion	**19** 12:30pm Gentle Yoga 2:00pm Balance & Strength 3:00pm Step Aerobics & Kick Boxing	**20** 9:00am Senior Fitness 10:15am Qigong	**21**
22	**23** 9:00am Senior Fitness 3:00pm Drums Alive Advanced	**24** 12:30pm Tai Chi 2:00pm Balance & Strength 3:00pm Total Yoga	**25** 9:00am Senior Fitness 1:00pm Drums Alive In Motion	**26** 12:30pm Gentle Yoga	**27** 9:00am Senior Fitness 10:15am Qigong	**28**

Exercise Programs Located in the Studio Room

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tu B'Shevat Begins	**2** 8:00am Open Swim 12:00pm Open Swim 1:00pm Open Swim 4:00pm Open Swim 5:00pm Open Swim Groundhog Day	**3** 8:00am Open Swim 9:00am Open Swim 12:00pm Open Swim 1:00pm Open Swim 4:00pm Open Swim 5:00pm Open Swim	**4** 8:00am Open Swim 12:00pm Open Swim 1:00pm Open Swim 4:00pm Open Swim 5:00pm Open Swim	**5** 8:00am Open Swim 9:00am Open Swim 12:00pm Open Swim 1:00pm Open Swim 4:00pm Open Swim 5:00pm Open Swim	**6** 8:00am Open Swim 12:00pm Open Swim 1:00pm Open Swim	**7**
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Warm Water Therapy Pool Schedule - Must Sign Up in the Pool Binder