



BYL FIT & REC

WELCOME TO AUGUST

Your monthly schedule and wellness update

“August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms.” — Victoria Erickson

What’s Happening This Month

FIT4LIFE

Strength & Stamina

July 19–September 26

HYDRATION & ENERGY

21-Day Wellness Practice

August 8–28

August: Hydration and Energy

Join us for Your Health Is Your Wealth® — August: Hydration and Energy, a guided 21-Day Wellness Practice running August 8–28.

During the three-week practice, you will notice your current hydration patterns, explore possible connections between hydration and energy, and build practical hydration support that fits your life.

This is not a water-drinking challenge. You will not be expected to count every ounce or follow a perfect routine. Hydration is explored as one part of your larger wellness story.

Your registration includes:

- A complete participant workbook
- Short daily guidance emails
- Three weekly Zoom gatherings at 9:00 AM Eastern
- Access to the online Participant Library
- A closing reflection and one-week follow-up

The practice begins August 8, 2026. Registration remains open through August 10. If you join after the practice begins, you can start when you join—there is no need to catch up first.

Current FIT4LIFE participants receive this Monthly Wellness Focus at no additional cost and do not need to purchase it separately.

August Classes & Events

Use the monthly calendar for a quick visual schedule. Complete locations, dates, and access details are listed below.

In-Person Classes

- Swansea COA — Drums Alive (Mondays, 9:00 AM)
- Freetown COA — Drums Alive (Mondays, 11:00 AM)
- Seekonk COA — Strength & Cardio (Mondays, 1:00 PM)
- Seekonk COA — Stability & Balance (Wednesdays, 8:45 AM)
- Seekonk COA — Drums Alive (Wednesdays, 9:30 AM)
- Seekonk COA — Cardio Dance (Fridays, 9:00 AM)
- Walpole COA — Drums Alive (August 11, 18, and 25, 1:00 PM)

Monthly and Biweekly Classes

- Raynham COA — Drums Alive (August 11 and 25, 2:30 PM)
- Dighton COA — Drums Alive (August 21, 1:00 PM)
- Canton COA — Drums Alive (August 27, 12:00 PM)
- Canton COA — Stability & Balance (August 27, 1:15 PM)

Private Classes

- North Hill — Drums Alive (August 12, 12:30 PM)
- Willows Crossing — Drums Alive (August 13, 11:00 AM)
- Birch Grove — Drums Alive (August 14 and 28, 11:00 AM)
- Cornerstone Milford — Drums Alive (August 29, 10:30 AM)
- White Oak Cottages — Drums Alive (August 30, 10:30 AM)

Zoom Classes

- Monday–Thursday — FIT4LIFE: Strength & Stamina at 7:00 PM
- Friday and Saturday — Drums Alive at 8:00 AM

Schedule Notes

- No classes August 4–6.
- No classes August 10.

How You Can Get Involved

Connect in the Community: Our supportive community is here to share, motivate, and uplift. Whether you are a seasoned fitness enthusiast or just starting, you'll find encouragement and inspiration from like-minded individuals.

Stay informed: Keep an eye on the weekly calendar for schedule updates, program reminders, and practical wellness information.