

# Health & Wellness Calendar

SAMPLE WEEK



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Aqua Arthritis</b> 9:00 am	<b>Aqua Pilates</b> 9:00 am	<b>Men's Circuit Training</b> 9:00 am	<b>Aqua Pilates</b> 9:00 am	<b>Men's Circuit Training</b> 9:00 am	<b>Zumba</b> 9:00 am
	<b>Men's Circuit Training</b> 9:00 am	<b>Drums Alive</b> 9:15 am	<b>Aqua Arthritis</b> 9:00 am	<b>Land Arthritis</b> 10:00 am	<b>Aqua Arthritis</b> 9:00 am	<b>Aqua Zumba</b> 10:30 am
	<b>Sit &amp; Fit</b> 10:00 am	<b>Land Arthritis</b> 10:00 am	<b>Sit &amp; Fit</b> 10:00 am	<b>Intermediate Yoga</b> 10:30 am	<b>Tai Chi</b> 9:30 am	
	<b>Aqua Cardio</b> 10:30 am	<b>Beginner Yoga</b> 10:30 am	<b>Aqua Cardio</b> 10:30 am	<b>Chair Volleyball</b> 1:00 pm	<b>Sit &amp; Fit</b> 10:00 am	
	<b>Cardio &amp; Weight</b> 11:00 am	<b>Chair Volleyball</b> 1:00 pm	<b>Cardio &amp; Weight</b> 11:00 am	<b>Ping Pong</b> 2:00 pm	<b>Shuffleboard</b> 10:00 am	
	<b>Corn Toss</b> 1:00 pm	<b>Ping Pong</b> 2:00 pm	<b>Balance</b> 1:30 pm	<b>Women's Circuit Training</b> 3:00 pm	<b>Aqua Cardio</b> 10:30 am	
	<b>Balance</b> 1:30 pm	<b>Women's Circuit Training</b> 3:00 pm	<b>Line Dancing</b> 2:15 pm		<b>Cardio &amp; Weight</b> 11:00 am	
			<b>Wii Bowling</b> 3:30 pm		<b>Billiards</b> 11:00 am	