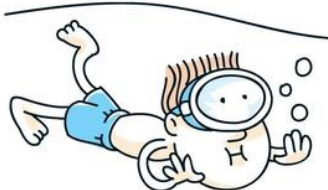



# The Chamberlin Hygeia September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pool Hours Mon-Sun 6 am-9 pm Sign in at concierge desk						
	<b>KEY:</b> SL-Solarium 9th floor H-Hygeia-1st floor P-Aqua Classes in the Pool				<b>1</b> 8 am Chair Yoga-H 9 am Aqua Toning P 10 am Aqua CardioP 11:10 am Chair Strength Training H <b>1 pm Walking Group H</b>	<b>2</b>
<b>3</b>	<b>4</b>  <i>Labor Day No classes today</i>	<b>5</b> 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	<b>6</b> 8:15 am Tai Chi SL 9 am Aqua Toning P 10:15 am- Personal Training on the Machines H 11:10 am Balance H <b>1 pm Walking group-H</b>	<b>7</b> 11 am Zumba Gold SL Independent Cardio and strength training Grab a Buddy and Swim	<b>8</b> 8 am Chair Yoga-H 9 am Aqua Toning P 10 am Aqua CardioP 11:10 am Chair Strength Training H <b>1 pm Walking Group H</b>	<b>9</b>
<b>10</b>	<b>11</b> 8:15 am Tai Chi SL 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H	<b>12</b> 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	<b>13</b> 8:15 am Tai Chi SL 9 am Aqua Toning P 10:15 am- Personal Training on the Machines H 11:10 am Balance H <b>1 pm Walking group-H</b>	<b>14</b> 11 am Zumba Gold SL Independent Cardio and strength training Grab a Buddy and Swim	<b>15</b> 8 am Chair Yoga-H 9 am Aqua Toning P 10 am aqua Cardio P 11:10 am Chair Strength Training H <b>1 pm Walking Group H</b>	<b>16</b>
<b>17</b>	<b>18</b> 8:15 am Tai Chi SL 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H <b>3 pm Health Tips with Nancy and Shelley from Pressler Dermatology</b>	<b>19</b> 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	<b>20</b> 8:15 am Tai Chi SL 9 am Aqua Toning P 10:15 am- Personal Training on the Machines H 11:10 am Balance H <b>1 pm Walking group-H</b>	<b>21</b> 11 am Zumba Gold CDR Independent Cardio and strength training Grab a Buddy and Swim	<b>22</b> 8 am Chair Yoga-H 9 am Aqua Toning P 10 am aqua Cardio P 11:10 am Chair Strength Training H <b>1 pm Walking Group H</b>	<b>23</b>  
<b>24</b>	<b>25</b> 8:15 am Tai Chi 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H	<b>26</b> 8 am Chair Yoga-H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	<b>27</b> 8:15 am Tai Chi SL 9 am Aqua Toning P 10:15 am- Personal Training on the Machines H 11:10 am Balance H <b>1 pm Walking group-H</b>	<b>28</b> 11 am Zumba Gold SL Independent Cardio and strength training Grab a Buddy and Swim	<b>29</b> 8 am Chair Yoga-H 9 am Aqua Toning P 10 am aqua Cardio P 11:10 am Chair Strength Training H <b>1 pm Walking Group H</b>	<b>30</b>