
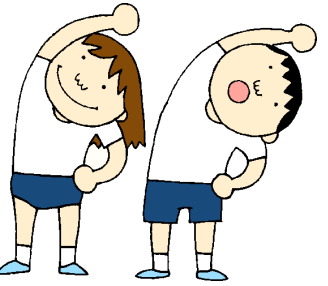



The Chamberlin Hygeia January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pool Hours Mon-Sun 6 am-9 pm Sign in at concierge desk	1 NO CLASSES TODAY! 	2 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	3 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 1 pm Walking group-H	4 Independent Cardio and strength training Grab a Buddy and Swim	5 8 am Chair Yoga-H 9 am Aqua Toning P 10 am Aqua Cardio P 11:10 am Chair Strength Training H 1 pm Walking Group H	6 
7	8 8:15 am Tai Chi SL 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H	9 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	10 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 1 pm Walking group-H	11 Independent Cardio and strength training Grab a Buddy and Swim 3 pm Dr. Brian Scott presents Neuropathy, A Natural Perspective SL	12 8 am Chair Yoga-H 9 am Aqua Toning P 10 am Aqua Cardio P 11:10 am Chair Strength Training H 1 pm Walking Group H	13
14 	15 8:15 am Tai Chi SL 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H	16 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	17 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 1 pm Walking group-H	18 Independent Cardio and strength training Grab a Buddy and Swim	19 8 am Chair Yoga-H 9 am Aqua Toning P 10 am aqua Cardio P 11:10 am Chair Strength Training H 1 pm Walking Group H	20
21	22 8:15 am Tai Chi SL 9 am Aqua Toning 10 am Aqua Cardio 11:10 am Chair Strength Training H	23 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	24 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 1 pm Walking group-H	25 Independent Cardio and strength training Grab a Buddy and Swim	26 8 am Chair Yoga-H 9 am Aqua Toning P 10 am aqua Cardio P 11:10 am Chair Strength Training H 1 pm Walking Group H	27
28	29	30	31			KEY: SL-Solarium 9th floor H-Hygeia-1st floor P-Aqua Classes in the Pool