




The Chamberlin Hygeia May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	KEY: SL-Solarium 9th floor H-Hygeia-1st floor P-Aqua Classes in the Pool	1 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	2 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	3 Independent Cardio & Strength Training Grab a Buddy & Swim 11 am ZUMBA SL	4 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	5
6 	7 8:15 am Tai Chi SL 9 am Aqua Toning P 10 am Aqua Cardio P 11:10 am Chair Strength Training H	8 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	9 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	10 Independent Cardio & Strength Training Grab a Buddy & Swim 11 am ZUMBA SL	11 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	12
13 <i>Happy Mother's Day!</i>	14 8:15 am Tai Chi SL 9 am Aqua Toning P 10 am Aqua Cardio P 11:10 am Chair Strength Training H	15 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	16 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	17 Independent Cardio & Strength Training Grab a Buddy & Swim 11 am ZUMBA SL	18 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	19
20	21 8:15 am Tai Chi SL 9 am Aqua Toning P 10 am Aqua Cardio P 11:10 am Chair Strength Training H	22 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	23 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	24 Independent Cardio & Strength Training Grab a Buddy & Swim 11 am ZUMBA SL	25 <i>Nancy's on Vacation!</i> Independent Cardio & strength training Grab a Buddy and Swim	26
27	28 	29 8 am Chair Yoga H 9 am Aqua Balance P 10 am Open Pool-swim, walk, etc...	30 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	31 Independent Cardio & Strength Training Grab a Buddy & Swim 11 am ZUMBA SL	Pool Hours Mon-Sun 6 am-9 pm <i>always swim with a buddy</i> Sign in at concierge desk	