


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:15 Tai Chi SL 9am Aqua Toning P 10:15 Personal Training on the Machines H 11am Balance H 1pm Walking Group H	Independent Cardio & Strength Training Day in the Hygeia  11am Zumba Gold SL	8:15 Tai Chi SL 9am Aqua Toning P 10am Aqua Cardio P 11:10 Chair Strength Training H	OPEN BUDDY SWIM
5	6	7	8	9	10	11
OPEN BUDDY SWIM	8:15 Tai Chi SL 9am Aqua Toning P 10am Aqua Cardio P 11:10 Chair Strength Training H	8am Chair Yoga H  9am Aqua Balance P  10am Open Pool – swim, water walk, float, etc...	8:15 Tai Chi SL 9am Aqua Toning P 10:15 Personal Training on the Machines H 11am Balance H 1pm Walking Group H	Independent Cardio & Strength Training Day in the Hygeia  11am Zumba Gold SL	8:15 Tai Chi SL 9am Aqua Toning P 10am Aqua Cardio P 11:10 Chair Strength Training H	OPEN BUDDY SWIM
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	
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