

SAMPLE MONTH FITNESS & RECREATION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Discover our diverse selection of fitness classes catering to many skill levels.</p>		<p>This schedule offers a glimpse of what's available, but we regularly evaluate what works best for our residents.</p>				
	<p>1 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>2 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch</p>	<p>3 8am - Body Conditioning 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>4 8am - Cardio Circuit 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>5 8am - Body Conditioning 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>6 7am - Strength Class 9am - Zumba Gold 9am - Aqua Fitness 10am - Total Body Conditioning 11am - Morning Stretch</p>
<p>7 7am - Strength Class 9am - Aqua Fitness 10am - Total Body Conditioning 11am - Morning Stretch 1pm - Ping Pong</p>	<p>8 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>9 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>10 7 & 8am - Body Conditioning 8 & 9am - Aqua Fitness 9am - Strength Class 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>11 8am - Cardio Circuit 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch</p>	<p>12 7 & 8am - Body Conditioning 9am - Aqua Fitness 10:30am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>13 9am - Zumba Gold</p>
<p>14 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>15 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>16 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>	<p>17 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>18 8am - Cardio Circuit 9:15am - Yoga 1pm - Meditative Stretch</p>	<p>19 8am - Body Conditioning 10am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>20 9am - Zumba Gold</p>
<p>21 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>22 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>23 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>	<p>24 8am - Body Conditioning 9am - Aqua Fitness 10am - Tai Chi 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>25 8am - Cardio Circuit 9:15am - Yoga 11:30am - Aqua Fitness 1pm - Meditative Stretch</p>	<p>26 8am - Body Conditioning 9am - Aqua Fitness 10am - Meditative Stretch 11am - Mat Pilates 1pm - Balance & Agility</p>	<p>27</p>
<p>28 1pm - Ping Pong 3:30pm - Somatics & Meditation</p>	<p>29 10am - Tai Chi</p>	<p>30 8am - Cardio Circuit 9:15am - Yoga 10:30am - Meditative Stretch 11:30am - Aqua Fitness</p>				