

SAMPLE MONTH

FITNESS CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Discover our diverse selection of fitness classes catering to many skill levels.		This schedule offers a glimpse of what's available, but we regularly evaluate what works best for our residents.				
	1 9:10 - Water Fitness 10:00 - Balance! 11:00 - Walking Group 1:30 - Circuit Class	2 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	3 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	4 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	5 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	6
7	8 9:10 - Water Fitness 10:00 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	9 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	10 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	11 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	12 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	13
14	15 9:10 - Water Fitness 10:00 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	16 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	17 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	18 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	19 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	20
21	22 9:10 - Water Fitness 10:00 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	23 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	24 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	25 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance	26 9:10 - Water Fitness 10:10 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	27
28	29 9:10 - Water Fitness 10:00 - Balance! 11:00 - Walking Group 1:00 - Bridge 1:30 - Circuit Class	30 9:15 - Stretch & Strength 10:10 - Chair Pilates 10:50 - Assisted Balance				