

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY CC - Community Center P - Pool V - Villa Activity Room			7:00 Wellness Center Open 7am-7pm 1	9:00 Water Aerobics (P) 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P) 2	7:00 Wellness Center Open 7am-4pm 3	4
1:00 Wellness Center Open 1-5pm 5	7:00 Wellness Center Open 7am-7pm 6	7:00 Wellness Center Open 7am-7pm 7	7:00 Wellness Center Open 7am-7pm 8	7:00 Wellness Center Closed for PV Olympic Senior Games 10:00 Zumba Gold (V) 9	7:00 Wellness Center Open 7am-4pm 10	11
1:00 Wellness Center Open 1-5pm 12	9:00 Water Aerobics (P) 9:30 Cardio Boxing (CC) 11:00 Strength Training (V) 13	9:00 Water Aerobics (P) 4:00 Water Aerobics (P) 4:30 Yoga (CC) 14	7:00 Wellness Center Open 7am-7pm 15	9:00 Water Aerobics (P) 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P) 16	9:00 Water Aerobics (P) 11:00 Balance & Flex (CC) 17	18
1:00 Wellness Center Open 1-5pm 19	9:00 Water Aerobics (P) 9:30 Cardio Boxing (CC) 11:00 Strength Training (V) 20	9:00 Water Aerobics (P) 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC) 21	7:00 Wellness Center Open 7am-7pm 22	9:00 Water Aerobics (P) 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P) 23	9:00 Water Aerobics (P) 11:00 Balance & Flex (CC) 24	25
1:00 Wellness Center Open 1-5pm 26	9:00 Water Aerobics (P) 9:30 Cardio Boxing (CC) 11:00 Strength Training (V) 27	9:00 Water Aerobics (P) 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC) 28	7:00 Wellness Center Open 7am-7pm 29	9:00 Water Aerobics (P) 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P) 30	9:00 Water Aerobics (P) 11:00 Balance & Flex (CC) 31	