

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

September 2025

