

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
| <div>    </div> | | | | | | |
| | | | | | 11:00 AM Town Hall (CR) 1 1:00 PM Leg Dynamics (WS) 2:00 PM Strength Class (WS) 3:30 PM Chair Volleyball (CR) | 2 CR = Community Room (TC) AC = Anser Café (TC) R52 = Roost 52 (TC) QP = Quill Patio (TC) WS = Wellness Studio (TC) SR = Shenandoah Room (Knollwood) |
| 3 | 10:00 AM Men's Water Aerobics 4 11:00 AM Arm Dynamics (WS) 2:00 PM Women's Water Aerobics (POOL) 3:00 PM Core Class (WS) | 10:00 AM Chair Yoga (WS) 5 2:00 PM Balance Class (WS) 3:00 PM Strength Class (WS) | 6 11:00 AM Walk Around Explorer Park + Lunch (RSVP with Lindsey Brown) | 10:00 AM Chair Yoga (WS) 7 2:00 PM Cornhole (SR) 3:00 PM Stretch It Out (WS) | 10:00 Men's Water Aerobics (POOL) 8 1:00 PM Leg Dynamics (WS) 2:00 PM Strength Class (WS) 3:30 PM Chair Volleyball (CR) | 9 |
| 10 | 11 11:00 AM Performance Pickleball + Lunch (RSVP with Lindsey Brown) | 10:00 AM Chair Yoga (WS) 12 2:00 PM Balance Class (WS) 3:00 PM Strength Class (WS) | 10:00 AM Men's Water Aerobics (POOL) 13 2:00 PM Women's Water Aerobics (POOL) 3:00 PM Core Class (WS) | 10:00 AM Chair Yoga (WS) 14 2:00 PM Nutrition Class (Roost) 3:00 PM Stretch It Out (WS) | 10:00 Men's Water Aerobics (POOL) 15 1:00 PM Leg Dynamics (WS) 2:00 PM Strength Class (WS) 3:30 PM Chair Volleyball (CR) | 16 |
| 17 | 10:00 AM Men's Water Aerobics 18 11:00 AM Arm Dynamics (WS) 2:00 PM Women's Water Aerobics (POOL) 3:00 PM Core Class (WS) | 10:00 AM Chair Yoga (WS) 19 2:00 PM Balance Class (WS) 3:00 PM Strength Class (WS) | 20 11:00 AM Trail Walk Around the Roanoke Greenway + Lunch (RSVP with Lindsey Brown) | 10:00 AM Chair Yoga (WS) 21 2:00 PM Cornhole (SR) 3:00 PM Stretch It Out (WS) | 10:00 Men's Water Aerobics (POOL) 22 1:00 PM Leg Dynamics (WS) 2:00 PM Strength Class (WS) 3:30 PM Chair Volleyball (CR) | 23 |
| 24 | 10:00 AM Men's Water Aerobics 25 11:00 AM Arm Dynamics (WS) 2:00 PM Women's Water Aerobics (POOL) 3:00 PM Core Class (WS) | 10:00 AM Chair Yoga (WS) 26 2:00 PM Balance Class (WS) 3:00 PM Strength Class (WS) | 10:00 AM Men's Water Aerobics (POOL) 27 2:00 PM Women's Water Aerobics (POOL) 3:00 PM Core Class (WS) | 10:00 AM Chair Yoga (WS) 28 2:00 PM Nutrition Class (Roost) 3:00 PM Stretch It Out (WS) | 10:00 Men's Water Aerobics (POOL) 29 1:00 PM Leg Dynamics (WS) 2:00 PM Strength Class (WS) 3:30 PM Chair Volleyball (CR) | 30 |
| 31 | <div>   </div> | | | | | |