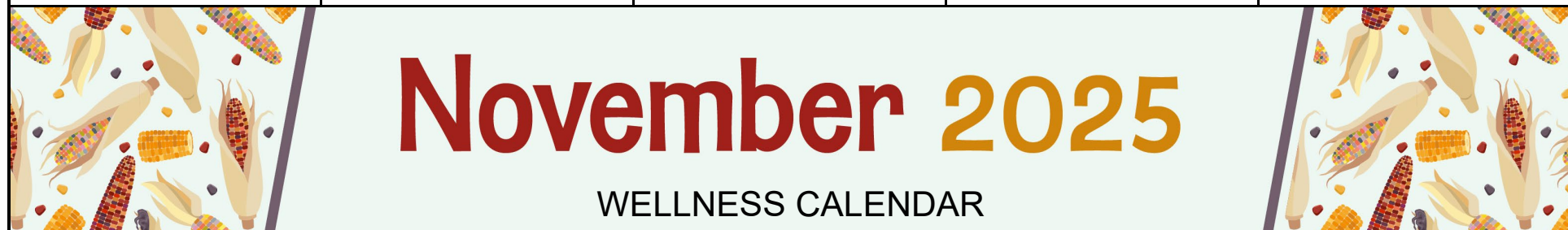


Monday	Tuesday	Wednesday	Thursday	Friday
9am-Water Aerobics 3 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 4 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 5 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 6 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 7 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	11 Fall Risk Assessment Clinic! 10:30-3pm Please come at your scheduled time!	9am-Water Aerobics 12 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 13 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 14 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 17 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 18 10:30-Rainbowl Lunch (Reservation Only) 1pm-Chair Volleyball (Brandon Oaks Vs FRC) 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 19 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 20 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 21 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 24 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 25 11:00-Elderberry's Lunch 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 26 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	27 NO CLASSES HAPPY THANKSGIVING!	28 NO CLASSES



Contact Michelle for **GYM ORIENTATION** or questions 540-777-1459 or email mpotter@friendship.us