Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Woman's Cardio Swim (POOL) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair yoga(WS) 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	9:30am Woman's Cardio Swim (POOL) 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair Yoga 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	9:00am Strength and Aerobics class (VILLAS) 10:00am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair Yoga (WS) 2:00pm Free SWIM (POOL) 2:00pm Indoor walk (WS) 3:00pm Chair Volley Ball (Community Room)	key: (WS) = Wellness Studio (CR) = Community Room (VILLAS)= Villas building, all residents welcomed for the class. (TCL) = Town Center Lobby RSVP with Calliope = Call (540) 378-6134
	7 9:30am Woman's Cardio Swim (POOL) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair yoga(WS) 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	9:30am Woman's Cardio Swim (POOL) 10:00am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair Yoga 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 BEANBAG BASEBALL (REGENCY ROOM)	9:00am Strength and Aerobics class 12 (VILLAS) 10:00am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair Yoga (WS) 2:00pm Free SWIM (POOL) 2:00pm Indoor walk (WS) 3:00pm Chair Volley Ball (Community Room)	. 13
	9:30am Woman's Cardio Swim (POOL) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair yoga(WS) 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	9:30am Woman's Cardio Swim 17 (POOL) 10:15am Mall Walk (TCL) RSVP with Calliope 11:30am Strength and Stability 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	9:00am Strength and Aerobics class 19 (VILLAS) 10:00am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair Yoga (WS) 2:00pm Free SWIM (POOL) 2:00pm Indoor walk (WS) 3:00pm Chair Volley Ball (Community Room)	20
Hanukkah Begins	9:30am Woman's Cardio Swim (POOL) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair yoga(WS) 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	CHRISTMAS EVE	Merry Christmas!!	25 AAPPY FRIDAY!	27
	9:30am Woman's Cardio Swim (POOL) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Chair yoga(WS) 2:00pm Woman's Water Swim(POOL) 2:50pm Strength and aerobics class(WS)	9:00am Indoor Walk (WS) 10:00am Woman's Cardio Swim (POOL) 10:45 Chair strength class (WS) 11:30am Core Class (WS) 2:00pm Kickboxing (WS) 2:45 Chair cardio class (WS)	See you next year!!!	Decemo	Ber	