

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NEW YEARS DAY! 1pm- Chair Volleyball	2 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 5 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 6 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 7 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 8 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 9 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 12 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 13 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 14 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 15 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 16 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 19 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-10am Open Swim 20 10-12:30-Mall Walking & Buffalo Wild Wings Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billiards w/George	9am-Water Aerobics 21 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 22 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 23 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 26 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-10am Open Swim 27 10-12:30-Mall Walking & Lunch (Reservation Only) 1-Chair Volleyball 3-5-Billiards w/George	9am-Water Aerobics 28 10am-Strength & Balance 11am-Water Walking 3-5pm-Billiards w/ George	9-11am-Open Swim 29 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billiards w/George	9am-Water Aerobics 30 10am-Strength & Balance 11am-Strength & Balance

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