

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>NEW YEARS DAY!</div>	<div>2</div> <div> 9:15am Chair Strength class (VILLAS) 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00PM Indoor Walk (WS) 3:00pm Chair Volleyball (CM) </div>	<div>3</div> <div> Key: WS = Wellness studio CR= Community room TCL= Town center Lobby SR = Shenandoah room </div>
<div>4</div> <div> 9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS) </div>	<div>5</div> <div> 9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS) </div>	<div>6</div> <div> 9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS) </div>	<div>7</div> <div> 9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Cornhole (SR) </div>	<div>8</div> <div> 9:15am Chair Strength class (VILLAS) 11am TOWN HALL 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM) </div>	<div>9</div> <div></div>	<div>10</div> <div></div>
<div>11</div> <div> 9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 3:00pm Chair Yoga @ Knollwood (SR) </div>	<div>12</div> <div> 9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm BEAN BAG BASEBALL (RG) </div>	<div>13</div> <div> 9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS) 3:30pm WELLNESS COMMITEE MEETING (WS) </div>	<div>14</div> <div> 9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core (WS) 2:45pm Chair Cardio (WS) </div>	<div>15</div> <div> 9:15am Chair Strength class (VILLAS) 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM) </div>	<div>16</div> <div></div>	<div>17</div> <div></div>
<div>18</div> <div> 9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS) </div>	<div>19</div> <div> 9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS) </div>	<div>20</div> <div> 9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim (POOL) 2:50pm Strength, balance and cardio class (WS) </div>	<div>21</div> <div> 9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core (WS) 2:45pm Chair Cardio (WS) </div>	<div>22</div> <div> 9:15am Chair Strength class (VILLAS) 10am Men and Woman Swim (POOL) 11:00am New Resident Meet and Greet (CR) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM) </div>	<div>23</div> <div></div>	<div>24</div> <div></div>
<div>25</div> <div> 9:15am Indoor Walk (WS) 10am Men's Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm Woman's Swim 2:50pm (WS) Strength, Balance and Cardio Class(WS) </div>	<div>26</div> <div> 9:15 am Indoor walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:45pm Chair Cardio (WS) </div>	<div>27</div> <div> 9:15 am Chair Cardio and Stretch (Villas) 10am Men's Swim (POOL) 10:45 am Strength and Stability (WS) 11:30am Core Class (WS) 2:50pm Video taping in progress Wellness Studio closed </div>	<div>28</div> <div> 9:15am Indoor Walk (WS) 10am Woman's Cardio Splash (POOL) 10:45am Chair Strength Class (WS) 11:30am Chair Yoga (WS) 2:00pm Core Class (WS) 2:50pm Video taping in progress Wellness Studio closed </div>	<div>29</div> <div> 9:15am Chair Strength class (VILLAS) 10am Men and Woman Swim (POOL) 10:45am Strength and Stability (WS) 11:30am Core Class (WS) 2:00pm free swim (POOL) 2:00pm Indoor Walk (WS) 3:00pm Chair Volleyball (CM) </div>	<div>30</div> <div></div>	<div>31</div> <div></div>