


Monday	Tuesday	Wednesday	Thursday	Friday
<p>9am-Water Aerobics 1</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 2</p> <p>10-Campus Walk (Meet @ Resident Center)</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 3</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 4</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3pm-Gym Class (Meet in the gym! Reservation Only)</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 5</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p> <p>3-5pm-Billardards</p>
<p>9am-Water Aerobics 8</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 9</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 10</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>2:00- Healthy Snack Party (Bring your favorite healthy snack to share. Meet in CR Room) Reservation Only</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 11</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 12</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p> <p>3-5pm-Billardards</p>
<p>9am-Water Aerobics 15</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 16</p> <p>10-Campus Walk (Meet @ Resident Center)</p> <p>11am-Cardio Drums</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 17</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 18</p> <p>10-12:30 South County Farmers Market & Elderberry's Lunch (Reservation Only)</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p>	<p>9am-Water Aerobics 19</p> <p>10am-Strength & Balance</p> <p>11am-Strength & Balance</p> <p>3-5pm-Billardards</p>
<p>9am-Water Aerobics 22</p> <p>10am-Strength & Balance</p> <p>11:15am-Water Walking</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 23</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p> <p>*Michelle on vacation until 7/1/26 *</p>	<p>9am-Water Aerobics 24</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 25</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	<p>9am-Water Aerobics 26</p> <p>3-5pm-Billardards</p>
<p>9am-Water Aerobics 29</p> <p>3-5pm-Billardards w/ George</p>	<p>9-11am-Open Swim 30</p> <p>1pm-Chair Volleyball</p> <p>1-3pm-Open Swim</p> <p>3-5pm-Billardards w/George</p>	 <h1>June 2026</h1> <h2>WELLNESS CALENDAR</h2>		

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