

Monday		Tuesday		Wednesday		Thursday		Friday	
									
9am-Water Aerobics	6	9-11am-Open Swim	7	9am-Open Swim	1	9-11am-Open Swim	2	9am-Water Aerobics	3
10am-Strength & Balance		10-10:30 am- Campus Walk (Meet @ Resident Center)		11:15am-Open swim		11am-Cardio Drums		10am-Strength & Balance	
11:15am-Water Walking		11am-Cardio Drums		3-5pm-Billardards w/ George		1pm-Chair Volleyball		11am-Strength & Balance	
3-5pm-Billardards w/ George		1pm-Chair Volleyball				1-3pm-Open Swim			
		1-3pm-Open Swim				3-5pm-Billardards w/George			
		3-5pm-Billardards w/George							
9am-Water Aerobics	13	9-11am-Open Swim	14	9am-Water Aerobics	8	9-11am-Open Swim	9	9am-Water Aerobics	10
10am-Strength & Balance		10-10:30 am- Campus Walk (Meet @ Resident Center)		10am-Strength & Balance		11am-Cardio Drums		10am-Strength & Balance	
11:15am-Water Walking		11am-Pet therapy with Ziggy the Macaw (Community Room)		11:15am-Water Walking		1pm-Chair Volleyball		11am-Strength & Balance	
3-5pm-Billardards w/ George		1pm-Chair Volleyball		3-5pm-Billardards w/ George		1-3pm-Open Swim			
		1-3pm-Open Swim				3-5pm-Billardards w/George			
		3-5pm-Billardards w/George							
9am-Water Aerobics	20	9-11am-Open Swim	21	9am-Water Aerobics	15	9-11am-Open Swim	16	9am-Water Aerobics	17
10am-Strength & Balance		10am-12:30pm-Earth Fare shopping & lunch (Reservation Only)		10am-Strength & Balance		10-10:30am-Campus Walk (Meet @ Resident Center)		10am-Strength & Balance	
11:15am-Water Walking		1pm-Chair Volleyball		11:15am-Water Walking		11am-Cardio Drums		11am-Strength & Balance	
3-5pm-Billardards w/ George		1pm-Chair Volleyball		3-5pm-Billardards w/ George		1pm-Chair Volleyball			
		1-3pm-Open Swim				1-3pm-Open Swim			
						3-5pm-Billardards w/George			
9am-Water Aerobics	27	9-11am-Open Swim	28	9am-Water Aerobics	22	9-11am-Open Swim	23	9am-Water Aerobics	24
10am-Strength & Balance		10am-12:30pm-Earth Fare shopping & lunch (Reservation Only)		10am-Strength & Balance		10-10:30am-Campus Walk (Meet @ Resident Center)		10am-Strength & Balance	
11:15am-Water Walking		1pm-Chair Volleyball		11:15am-Water Walking		11am-Granny Pants Game w/ Michelle and Lacey (CR)		11am-Strength & Balance	
3-5pm-Billardards w/ George		1pm-Chair Volleyball		3-5pm-Billardards w/ George		1pm-Chair Volleyball			
		1-3pm-Open Swim				1-3pm-Open Swim			
						3-5pm-Billardards w/George			
9am-Water Aerobics	27	9-11am-Open Swim	28	9am-Water Aerobics	29	9-11am-Open Swim	30	9am-Water Aerobics	31
10am-Strength & Balance		10am-1pm-Greenway Walk & Green Goat Lunch (Reservation Only)		10am-Strength & Balance		11am-Cardio Drums		10am-Strength & Balance	
11:15am-Water Walking		1pm-Chair Volleyball		11:15am-Water Walking		1pm-Chair Volleyball			
3-5pm-Billardards w/ George		1-3pm-Open Swim		3-5pm-Billardards w/ George		1-3pm-Open Swim			
		3-5pm-Billardards w/George				3-5pm-Billardards w/George			

