

# Wellness Calendar



## Deupree House — September 2019

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p><b>2</b></p>  <p><b>Happy Labor Day</b></p> <p>No Classes Pool Closed No Staff On Duty</p>	<p><b>3</b></p> <p>Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p><b>4</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:35-11:20 (EC)</p>	<p><b>5</b></p> <p>Water Aerobics 9:30-10:15 AM (P) <b>No Instructor Available</b> Water Walking 10:15-10:45 AM (P) <b>No Instructor Available</b></p>	<p><b>6</b></p> <p>More-Than-Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>7</b></p> <p>Resident Open swim 9:30 AM- 10:15 (P)</p>
8	<p><b>9</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>10</b></p> <p>Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p><b>11</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:35-11:20 (EC)</p>	<p><b>12</b></p> <p>Water Aerobics 9:30-10:15 AM (P) <b>No Instructor Available</b> Water Walking 10:15-10:45 AM (P) <b>No Instructor Available</b></p>	<p><b>13</b></p> <p>More-Than-Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>14</b></p> <p>Resident Open swim 9:30 AM- 10:15 (P)</p>
15	<p><b>16</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>17</b></p> <p>Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p><b>18</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:35-11:20 (EC) <b>Canceled</b></p>	<p><b>19</b></p> <p>Water Aerobics 9:30-10:15 AM (P) <b>No Instructor Available</b> Water Walking 10:15-10:45 AM (P) <b>No Instructor Available</b></p>	<p><b>20</b></p> <p>More-Than-Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>21</b></p> <p>Resident Open swim 9:30 AM- 10:15 (P)</p>
22	<p><b>23</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>24</b></p> <p>Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p><b>25</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:35-11:20 (EC)</p>	<p><b>26</b></p> <p>Water Aerobics 9:30-10:15 AM (P) <b>No Instructor Available</b> Water Walking 10:15-10:45 AM (P) <b>No Instructor Available</b></p>	<p><b>27</b></p> <p>More-Than-Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>	<p><b>28</b></p> <p>Resident Open swim 9:30 AM- 10:15 (P)</p>
29	<p><b>30</b></p> <p>More-Than- Chair Aerobics 9:30-10:15 (EC) Balance Level II 10:15-10:30 (EC) Gentle Motion 10:45-11:15 (EC) Balance Level I 11:15-11:30 (EC)</p>					