


# Wellness Calendar



Marjorie P. Lee — September 2019

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	  <b>No Classes</b> <b>Pool Closed</b> <b>No Staff on Duty</b>	<b>3 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>4 Tai Chi Flow</b> 10-10:45 (CH) <b>Yoga with Patty</b> 3-3:45 (CH)	<b>5 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>6 Open Swim</b> Buddy System 10:00-10:45am (P)	<b>7 Exercise with Sarah</b> 10 am-10:45 (EC)	
8	<b>9 Open Swim</b> Buddy System 1:30-2:15 pm (P)	<b>10 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>11 Tai Chi Flow</b> 10-10:45 (CH) <b>Yoga with Patty</b> 3-3:45 (CH)	<b>12 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>13 Open Swim</b> Buddy System 10:00-10:45am (P)	<b>14 Exercise with Sarah</b> 10 am-10:45 (EC)	
15	<b>16 Open Swim</b> Buddy System 1:30-2:15 pm (P)	<b>17 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>18 Tai Chi Flow</b> 10-10:45 (CH) <b>Yoga with Patty</b> 3-3:45 (CH) Canceled	<b>19 Chair Aerobics</b> 10:00-10:45 am (CH)	<b>20 Open Swim</b> Buddy System 10:00-10:45am (P)	<b>21 Exercise with Sarah</b> 10 am-10:45 (EC)	
22	<b>23 Open Swim</b> Buddy System 1:30-2:15 pm (P)	<b>24 Chair Aerobics</b> 10:00-10:45 am (CH)	<b>25 Tai Chi Flow</b> 10-10:45 (CH) <b>Yoga with Patty</b> 3-3:45 (CH)	<b>26 Chair Aerobics</b> 10:00-10:45 am (EC)	<b>27 Open Swim</b> Buddy System 10:00-10:45am (P)	<b>28 Exercise with Sarah</b> 10 am-10:45 (EC)	
29	<b>30 Open Swim</b> Buddy System 1:30-2:15 pm (P)	