

Wellness Calendar



Deupree House — May 2024

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
			1 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	2 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	3 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC)	4
5	6 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC)	7 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	8 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	9 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (Chapel)	10 Chair class 9:30-10:15am Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am	11
12	13 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	14 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	15 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	16 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	17 Chair class 9:30-10:15am Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am	18
19	20 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	21 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	22 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	23 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	24 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	25
26	 No Classes Pools Closed No Staff On Duty	28 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	29 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class/ VIDEO 10:45-11:30am (EC)	30 Aqua Aerobics Canceled Tai Chi with Michael 11:30am-12pm (EC)	31 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC)	
						