


Wellness Calendar

Deupree House - May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:45-11:30 (EC)</p>	<p>2 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>3 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>4 Resident Open swim 9:30 AM- 10:15 (P)</p>
5	<p>6 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>7 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>8 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:45-11:30 (EC)</p>	<p>9 Water Aerobics 9:30-10:15 AM (P) No Instructor/Open Swim Water Walking 10:15-10:45 AM (P)</p>	<p>10 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>11 Resident Open swim 9:30 AM- 10:15 (P)</p>
12	<p>13 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>14 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>15 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:45-11:30 (EC)</p>	<p>16 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>17 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>18 Resident Open swim 9:30 AM- 10:15 (P)</p>
19	<p>20 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>21 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>22 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:45-11:30 (EC)</p>	<p>23 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>24 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>25 Resident Open swim 9:30 AM- 10:15 (P)</p>
26	<p>27 Classes Cancelled Pool Closed No Wellness Staff on Duty</p>	<p>28 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>29 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Balance Level II 10:15-10:30 (EC) Ageless Yoga 10:45-11:30 (EC)</p>	<p>30 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)</p>	<p>31 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>	