

Wellness Calendar

Deupree House - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Resident Open swim 9:30 AM- 10:15 (P)
2	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)	4 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	5 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)	6 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	7 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)	8 Resident Open swim 9:30 AM- 10:15 (P)
9	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)	11 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	12 More-Than- Chair Aerobics 9:30-10:15 AM (EC) Cancelled Balance Level II 10:15-10:30 (EC) Cancelled Ageless Yoga 10:45-11:30 (EC) Cancelled	13 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	14 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)	15 Resident Open swim 9:30 AM- 10:15 (P)
16	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)	18 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	19 More-Than- Chair Aerobics 9:30-10:15 AM (CR) Balance Level II 10:15-10:30 (CR) Ageless Yoga 10:45-11:30 (EC) Cancelled	20 Water Aerobics 9:30-10:15 AM (P) No Instructor/Open Swim Water Walking 10:15-10:45 AM (P) Cancelled	21 More-Than- Chair Aerobics 9:30-10:15 (EC) Cancelled Balance Level II 10:15-10:30 (EC) Cancelled Gentle Motion 10:45-11:15 (EC) Cancelled Balance Level I 11:15-11:30 (EC) Cancelled	22 Resident Open swim 9:30 AM- 10:15 (P)
23	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)	25 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	26 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) Cancelled	27 Water Aerobics 9:30-10:15 AM (P) Water Walking 10:15-10:45 AM (P)	28 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)	29 Resident Open swim 9:30 AM- 10:15 (P)
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