


Wellness Calendar



Marjorie P. Lee — November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chair Aerobics 9:30-10:15 am (EC)	2 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 10 -10:45 am (P)	3 Exercise with Sarah 10 am- 10:45 (EC)
4	5 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 1:30-2:15 pm (P)	6 Chair Aerobics 10:00-10:45 am (EC)	7 Supervised Fitness Center Hours: 9 am– 3 pm Tai Chi Flow 10–10:45 (CH) Yoga with Patty 3-3:45 (CH)	8 Chair Aerobics 10:00-10:45 am (EC)	9 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 10 -10:45 am (P)	10 Exercise with Sarah 10 am- 10:45 (EC)
11	12 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 1:30-2:15 pm (P)	13 Chair Aerobics 10:00-10:45 am (EC)	14 Supervised Fitness Center Hours: 9 am– 3 pm Tai Chi Flow 10–10:45 (CH) Yoga with Patty 3-3:45 (CH)	15 Chair Aerobics 10:00-10:45 am (EC)	16 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 10 -10:45 am (P)	17 Exercise with Sarah 10 am- 10:45 (EC)
18	19 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 1:30-2:15 pm (P)	20 Chair Aerobics 10:00-10:45 am (EC)	21 Supervised Fitness Center Hours: 9 am– 3 pm Tai Chi Flow Cancelled 10–10:45 Yoga with Patty 3-3:45 (CH)	22 Classes Cancelled Pool Closed No Wellness Staff on Duty 	23 Classes Cancelled No Wellness Staff on Duty	24 Exercise with Sarah 10 am- 10:45 (EC)
25	26 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 1:30-2:15 pm (P)	27 Chair Aerobics 10:00-10:45 am (EC)	28 Supervised Fitness Center Hours: 9 am– 3 pm Tai Chi Flow 10–10:45 (CH) Yoga with Patty 3-3:45 (CH)	29 Chair Aerobics 10:00-10:45 am (EC)	30 Supervised Fitness Center Hours: 9 am-3 pm Gentle Water Aerobics 10 -10:45 am (P)	

