



Wellness Calendar

Marjorie P. Lee - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Exercise with Sarah 10 am - 10:45 (EC)
2	3 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 1:30 - 2:15 pm (P)	4 Chair Aerobics 10:00 - 10:45 am (EC)	5 Supervised Fitness Center Hours: 9am - 3pm Tai Chi Flow 10:00 - 10:45 am (CH) Yoga with Patty 3:00 - 3:45 pm (CH)	6 Chair Aerobics 10:00 - 10:45 am (EC)	7 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 10 - 10:45 am (P)	8 Exercise with Sarah 10 am - 10:45 (EC)
9	10 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 1:30 - 2:15 pm (P)	11 Chair Aerobics 10:00 - 10:45 am (EC)	12 Supervised Fitness Center Hours: 9am - 3pm Tai Chi Flow 10:00 - 10:45 am (CH) Yoga with Patty 3:00 - 3:45 pm (CH)	13 Chair Aerobics 10:00 - 10:45 am (EC)	14 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 10 - 10:45 am (P)	15 Exercise with Sarah 10 am - 10:45 (EC)
16	17 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 1:30 - 2:15 pm (P)	18 Chair Aerobics 10:00 - 10:45 am (EC)	19 Supervised Fitness Center Hours: 9am - 3pm Tai Chi Flow 10:00 - 10:45 am (CH) Yoga with Patty Cancelled 3:00 - 3:45 pm (CH)	20 Chair Aerobics 10:00 - 10:45 am (EC) Cancelled	21 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 10 - 10:45 am (P) Cancelled/ Open Swim Buddy System	22 Exercise with Sarah 10 am - 10:45 (EC)
23	24 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 1:30 - 2:15 pm (P)	25 Chair Aerobics 10:00 - 10:45 am (EC)	26 Supervised Fitness Center Hours: 9am - 3pm Tai Chi Flow 10:00 - 10:45 am (CH) Yoga with Patty Cancelled 3:00 - 3:45 pm (CH)	27 Chair Aerobics 10:00 - 10:45 am (EC)	28 Supervised Fitness Center Hours: 9 am - 3pm Gentle Water Aerobics 10 - 10:45 am (P)	29 Exercise with Sarah 10 am - 10:45 (EC)
30						

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