

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:00, 9:30 am Aqua Exercise (Pool) 10:10 am Strength and Balance 3 (VB) 1:00 pm Mindful Breathing (Geyer Atrium)	2 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 9:30 am Laughter Therapy (York Elevator Area) 11:00 am Joint Effort (LaSalle) 11:00 am Aqua Fit (Pool) 1:00 pm Tai Chi (LAS)	3 8:00, 9:30 am Aqua Exercise (Pool) 9:00 am S & B Challenge (DH) 10:30 am Line Dancing (DH) 2:00 pm Strength and Balance 1 (DuPahze Hall)	4 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 10:30 am Chair Exercise (York Elevator Area) 11:00 am Aqua Fit (Pool)	5 8:00, 9:30 am Aqua Exercise (Pool) 11:00 am Strength and Balance 2 (DH)	6 6:00, 7:00, 8:15 am Lap Swimming (Pool)
	8 8:00, 9:30 am Aqua Exercise (Pool) 1:00 pm Mindful Breathing (Geyer Atrium)	9 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 9:30 am Laughter Therapy (York Elevator Area) 11:00 am Joint Effort (LaSalle) 11:00 am Aqua Fit (Pool) 1:00 pm Tai Chi (DuPahze)	10 8:00, 9:30 am Aqua Exercise (Pool) 9:00 am S & B Challenge (DH) 10:30 am Line Dancing (DH) 2:00 pm Strength and Balance 1 (DuPahze Hall)	11 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 10:30 am Chair Exercise (York Elevator Area) 11:00 am Aqua Fit (Pool)	12 8:00, 9:30 am Aqua Exercise (Pool) 11:00 am Strength and Balance 2 (DH)	13 6:00, 7:00, 8:15 am Lap Swimming (Pool)
	15 8:00, 9:30 am Aqua Exercise (Pool) 10:10 am Strength and Balance (VB) 1:00 am Mindful Breathing (Geyer Atrium)	16 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 9:30 am Laughter Therapy (York Elevator Area) 11:00 am Joint Effort (LaSalle) 11:00 am Aqua Fit (Pool) 1:00 pm Tai Chi (DuPahze)	17 8:00, 9:30 am Aqua Exercise (Pool) 9:00 am S & B Challenge (DH) 10:30 am Line Dancing (DH) 2:00 pm Strength and Balance 1 (DuPahze Hall)	18 11:00 am Walking Poles at Blackwell 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 10:30 am Chair Exercise (York Elevator Area) 11:00 am Aqua Fit (Pool)	19 8:00, 9:30 am Aqua Exercise (Pool) 11:00 am Strength and Balance 2 (DH)	20 6:00, 7:00, 8:15 am Lap Swimming (Pool)
	22 8:00, 9:30 am Aqua Exercise (Pool) 10:10 am Strength and Balance (VB) 1:00 pm Mindful Breathing (Geyer Atrium) 1:00 pm Line Dancing (DH)	23 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 9:30 am Laughter Therapy (York Elevator Area) 11:00 am Joint Effort (LaSalle) 11:00 am Aqua Fit (Pool) 1:00 pm Tai Chi (DuPahze)	24 8:00, 9:30 am Aqua Exercise (Pool) 9:00 am S & B Challenge (DH) 10:30 am Line Dancing (DH) 2:00 pm Strength and Balance 1 (DuPahze Hall)	25 Fitness Assessment Day 1 6:00, 7:00, 8:15 am Lap Swimming (Pool) 10:30 am Chair Exercise (York Elevator Area) 11:00 am Aqua Fit (Pool)	26 Fitness Assessment Day 2 8:00, 9:30 am Aqua Exercise (Pool) 11:00 am Strength and Balance 2 (DH)	27 6:00, 7:00, 8:15 am Lap Swimming (Pool)
	29 8:00, 9:30 am Aqua Exercise (Pool)	30 6:00, 7:00, 8:15 am Lap Swimming (Pool) 9:00 am Circuit Training (FC) 9:30 am Laughter Therapy (York Elevator Area) 11:00 am Joint Effort (LaSalle) 11:00 am Aqua Fit (Pool) 1:00 pm Tai Chi (DuPahze)	31			 