


Fitness Calendar

Sample Only—All Events/Programs Subject to Change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>2</p> <p>9a m Stretch, Tone & More 10 am Water Aerobics</p>	<p>3</p> <p>9am Arthritis Aquatics 9:50 am Sit to be Fit 10:40am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>4</p> <p>9 am Stretch, Tone & More 10am Water Aerobics</p>	<p>5</p> <p>8:45-9:30 am Arthritis Aquatics</p>
6	<p>7</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>8</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 Low As You Go (chair exercise)</p>	<p>9</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>10</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>11</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>12</p> <p>8:45-9:30 am Arthritis Aquatics</p>
13	<p>14</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>15</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>16</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>17</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>18</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>19</p> <p>8:45-9:30 am Arthritis Aquatics</p>
20	<p>21</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>22</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>23</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>24</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>25</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>26</p> <p>8:45-9:30 am Arthritis Aquatics</p>
27	<p>28</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>	<p>29</p> <p>9 am Arthritis Aquatics 9:50 am Sit to be Fit 10:40 am Water Walk 11:15 am Low As You Go (chair exercise)</p>	<p>30</p> <p>9 am Stretch, Tone & More 10 am Water Aerobics</p>			