

RESIDENT SESSION 1 POOL 19



All Hours Listed are for Residents and Associates. The shaded areas are resident/associate ONLY times without any community/Silversneakers/Silver 'n Fit members.



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Open Swim 7:30-8:30am	Aqua Balance 11:15 am-12:00 pm	Open Swim 7:30-8:30am	Aqua Balance 11:15 am-12:00 pm	Open Swim 7:30-8:30am	Adult Swim 9:00am-10:00am
Wave Makers 8:30-9:15am	Water Walking 12:00-3:45pm	Wave Makers 8:30-9:15am	Water Walking 12:00-3:45pm	Wave Makers 8:30-9:15am	
Lap Swim 9:15-10:00am		Lap Swim 9:15-10:00am		Lap Swim 9:15-10:00am	Resident & Family 10:00-11:00am
Aqua Aerobics 10:15-11:00am		Aqua Aerobics 10:15-11:00am		Aqua Aerobics 10:15-11:00am	
Aqua Aerobics 11:15-12:00		Aqua Aerobics 11:15-12:00		Aqua Aerobics 11:15-12:00	
Lap Swim 12:15-1:00pm		Lap Swim 12:15-1:00pm		Lap Swim 12:15-1:00pm	Lap Swim 12:15-1:00pm
Water Walking 1-2pm	Volleyball 3:45-5:00pm	Water Walking 1-2pm	Volleyball 3:45-5:00pm	Water Walking	*Aquamotion will be offered next session due to not having enough people registered
Hydro Fusion 2:00-2:45pm	Water Walking 5:05-6:30	Hydro Fusion 2:00-2:45pm	Water Walking 5:05-6:30	1-3pm	

RESIDENT SESSION 1 FITNESS 19



This weekly calendar is the normal schedule, in the event of any changes we will notify you. The shaded areas are resident/associate ONLY times without any community/Silversneakers/Silver 'n Fit members.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Chair Yoga 10:00 am RIFE	Stretch Class 8am WMP	Tai Chi 10:00am WMP	Stretch Class 8am WMP	
Supervised Fitness 1:00-3:00pm FIT	Joint Juice 9:15am Channel 956	Supervised Fitness 1:00-3:00pm FIT	Joint Juice 9:15am Channel 956	Supervised Fitness 1:00-3:00pm FIT
Chair Yoga 2:00pm WMP	Sup Fitness 9:30-11am FIT	Chair Yoga 2:30pm WMP	Sup Fitness 9:30-11am FIT	
Balance Class Rife	SS Classic Class 10am WMP	Balance Class Rife	SS Classic Class 10am WMP	
Billiards 3-5pm BR	Line Dancing 11am WMP	Billiards 3-5pm BR	Disc Golf 10:00 am - East Course	
Ping Pong 4:00pm WMP	Balance WMP		Balance WMP	
Pickleball 5:00pm WMP				

West Billiards Room- BR

Fitness Room - FIT

Community Room - CR

Sport Court- SC

West Multi Purpose WMP