

SUN	MON	TUE	WED	THUR	FRI	SAT
1:00 Wellness Center Open 1pm-5pm 1	Labor Day 7:00 Wellness Center Closed/Flooring Upgrade 11:00 Strength Training (V) 2	7:00 Wellness Center Closed/Flooring Upgrade 1:30 Tai Chi (VS) 4:30 Yoga (VS) 3	7:00 Wellness Center Closed/Flooring Upgrade 4	7:00 Wellness Center Closed/Flooring Upgrade 10:00 Zumba Gold (V) 11:00 Strength Training (V) 5	7:00 Wellness Center Closed/Flooring Upgrade 11:00 Balance & Flex (VP) 6	7
1:00 Wellness Center Closed/Flooring Upgrade 8	9	9:00 Water Aerobics (P) 10 1:30 Tai Chi (VS) 4:00 Water Aerobics (P) 4:30 Yoga (VS)	7:00 Wellness Center Open 7am-7pm 11	9:00 Water Aerobics (P) 12 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 13 11:00 Balance & Flex (VP)	14
1:00 Wellness Center Open 1pm-5pm 15	9:00 Water Aerobics (P) 16 11:00 Strength Training (V) 1:30 Cardio Boxing (VS) 2:00 Reopening Celebration	9:00 Water Aerobics (P) 17 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 18	9:00 Water Aerobics (P) 19 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 20 11:00 Balance & Flex (CC)	21
1:00 Wellness Center Open 1pm-5pm 22	9:00 Water Aerobics (P) 23 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	9:00 Water Aerobics (P) 24 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 25	9:00 Water Aerobics (P) 26 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Bake Sale for Walk to End Alzheimer's 27 11:00 Balance & Flex (CC)	28
1:00 Wellness Center Open 1pm-5pm 29	9:00 Water Aerobics (P) 30 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	LOCATION KEY CC - Community Center P - Pool V - Villa Activity Room VP - Villa Outdoor Patio VS - Villa Sunroom				

September 2024

