

SUN	MON	TUE	WED	THUR	FRI	SAT	
1:00 Wellness Center Open 1-5pm 1	9:00 Water Aerobics (P) 2 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	9:00 Water Aerobics (P) 3 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	7:00 Wellness Center Open 7am-7pm 4	9:00 Water Aerobics (P) 5 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 6 11:00 Balance & Flex (CC)	7	
1:00 Wellness Center Open 1-5pm 8	9:00 Water Aerobics (P) 9 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	9:00 Water Aerobics (P) 10 1:30 Tai Chi (CC) 4:00 Water Aerobics (P) 4:30 Yoga (CC)	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) 6:00 Wellness Center Closes at 6pm	9:00 Water Aerobics (P) 13 11:00 Balance & Flex (CC)	14	
1:00 Wellness Center Open 1-5pm 15	9:00 Water Aerobics (P) 16 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	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 1-5pm 22	9:00 Water Aerobics (P) 23 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	Christmas Eve 24 9:00 Water Aerobics (P) 1:30 Tai Chi (CC) 4:00 Wellness Center Closes at 4pm	Christmas Day 25 7:00 Wellness Center Closed	9:00 Water Aerobics (P) 26 10:00 Zumba Gold (V) 11:00 Strength Training (V) 4:00 Water Aerobics (P)	9:00 Water Aerobics (P) 27 11:00 Balance & Flex (CC)	28	
1:00 Wellness Center Open 1-5pm 29	9:00 Water Aerobics (P) 30 11:00 Strength Training (V) 1:30 Cardio Boxing (VS)	New Year's Eve 31 9:00 Water Aerobics (P) 1:30 Tai Chi (CC) 4:00 Wellness Center Closes at 4pm	LOCATION KEY CC - Community Center P - Pool V - Villa Activity Room VS - Villa Sunroom				

December 2024

