

SUN	MON	TUE	WED	THUR	FRI	SAT
Hanukkah Begins at Sundown	2 8:00 Aerobic Conditioning 10:00 Tone & Stretch 11:15 Better Balance	3 8:15 Fit Walk 8:30 Water Aerobics 9:15 Core & More 10:00 Gentle Yoga 11:30 PWR! Moves 1:15 Circuit Training 2:00 Aqua Strength & Mobility 2:00 Line Dance Class 3:00 Meditation	4 9:00 RevUp & Relax 10:00 Tone & Stretch 11:15 Better Balance 2:00 Aqua Cardio	5 8:30 Water Aerobics 9:15 Core & More 10:00 Scoot Fit 10:00 Gentle Yoga 11:00 Pool It! 11:30 PWR! Moves 1:15 Circuit Training 3:00 Meditation	6 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	7 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class
9 8:00 Aerobic Conditioning 10:00 Tone & Stretch 11:15 Better Balance	10 8:15 Fit Walk 8:30 Water Aerobics 9:15 Core & More 10:00 Gentle Yoga 11:00 Santa's Wellness Workshop 11:30 PWR! Moves 1:15 Circuit Training 2:00 Aqua Strength & Mobility 2:00 Line Dance Class 3:00 Meditation	11 9:00 RevUp & Relax 9:00 Wellness Hike to Golden Ponds 10:00 Tone & Stretch 11:15 Better Balance 2:00 Aqua Cardio	12 8:30 Water Aerobics 9:15 Core & More 10:00 Scoot Fit 10:00 Gentle Yoga 11:00 Pool It! 11:30 PWR! Moves 1:15 Circuit Training 3:00 Meditation	13 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	14 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	15 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class
16 8:00 Aerobic Conditioning 10:00 Tone & Stretch 11:15 Better Balance 1:00 Wellness Documentary & Discussion: Mission Blue	17 8:15 Fit Walk 8:30 Water Aerobics 9:15 Core & More 10:00 Gentle Yoga 11:30 PWR! Moves 1:15 Circuit Training 2:00 Aqua Strength & Mobility 2:00 Line Dance Class 3:00 Meditation	18 9:00 RevUp & Relax 10:00 Tone & Stretch 11:15 Better Balance 2:00 Aqua Cardio	19 8:30 Water Aerobics 9:15 Core & More 10:00 Scoot Fit 10:00 Gentle Yoga 11:00 Pool It! 11:30 PWR! Moves 1:15 Circuit Training 3:00 Meditation	20 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	21 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	22 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class
23 No staff or classes	24 Christmas Day No staff or classes	25 9:00 RevUp & Relax 10:00 Tone & Stretch 11:15 Better Balance 2:00 Aqua Cardio	26 8:30 Water Aerobics 9:15 Core & More 10:00 Scoot Fit 10:00 Gentle Yoga 11:00 Pool It! 11:30 PWR! Moves 1:15 Circuit Training 3:00 Meditation	27 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	28 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class	29 10:00 Tone & Stretch 2:00 Gentle Joint Aqua 2:00 Egoscue Class

December 2018

Wellness Class/Event Calendar

