

## Older Persons' Commission

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			BUILDING CLOSED	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics/Th 08:30a Volleyball Tournament/Th 09:00a A Tour Begins 09:00a Making Waves/T&Th 09:15a Cycle to the Beat/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Euchre Thursday AM 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion/F 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Ascension Bone Density Scrng 09:00a Muscles in Motion/F 09:00a Pickleball Int-Adv/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 10:00a Grief Support 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F	06:30a OPC Visit 06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 10:00a EUCHRE - Saturday drop-in 10:00a PINOCHLE - Saturday Drop-in 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
				11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:00p Boxing for Parkinsons-A 12:20p Hard Core Strength Training 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Pickleball Novice/Th 01:00p Boxing for Parkinsons-B 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit	10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:00a Pickleball AllLv/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:30p Bridge Amer Strdr Fri 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 02:00p H2O Aerobics Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	
5	6	7	8	9	10	11
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library	06:30a OPC Visit 06:30a Walking Track 06:59a Social/S 07:00a Billiards/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	06:30a OPC Visit	07:00a Cardio and Weights/S
06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym/Th	06:30a Open Gym AM/F	07:00a Computer Lab Saturday
06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	07:00a Critt Fit Challenge Rpt
06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	07:00a Library/S
07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Advanced Strength & Balance/W	07:00a Advanced Strength & Balance/W	07:00a Aquatic Core Advanced/T&TR	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Personal Training/S
07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Pickleball All Lvl/S
07:00a Open Swim/M-F	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Walking Track - Sat Winter
08:00a Aquatic Core - Core Strength/M&W	07:00a Open Swim/M-F	08:00a Aquatic Core - Core Strength/M&W	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a All Levels Pickleball Ladder/F	08:00a Cycling Energy Ride
08:00a Ascension Wellness Center Visit	07:30a Advanced Small Group Personal Training/T	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a All Levels Pickleball Ladder/F	08:00a Liquid Boot Camp/S
08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Aquatic Core - The Core/F	08:00a Weight Room Orientation
08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Ask the Nurse	09:00a A Tour Begins
08:00a Fitness in Motion/M	08:00a Weight Room Orientation	08:00a Fitness in Motion/W	08:00a Fitness in Motion/W	08:00a Woodshop	08:00a Ascension Wellness Center Visit	09:00a Basic Yoga/S
08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:30a Low Impact Aerobics/Th	08:00a Ask the Nurse	09:00a Basketball 5 on 5/S
08:00a Weight Room Orientation	08:30a Low Impact Aerobics/T	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:30a Volleyball Tournament/Th	08:00a Fitness in Motion/F	10:00a EUCHRE - Saturday drop-in
08:00a Woodshop	09:00a A Tour Begins	08:00a Woodshop	08:00a Woodshop	09:00a A Tour Begins	08:00a The Deep/F	10:00a PINOCHLE - Saturday Drop-in
09:00a A Tour Begins	09:00a Making Waves/T&Th	09:00a A Tour Begins	09:00a A Tour Begins	09:00a A Tour Begins	08:00a Weight Room Orientation	11:30a Volleyball All Lvl/S
09:00a Aqua Strength & Interval/M	09:00a Volleyball Tournament/T	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Computer Beginner	08:00a Woodshop	02:00p Pickleball Novice/S
09:00a Muscles in Motion/M	09:15a Cycle to the Beat/T	09:00a Computer Beginner	09:00a Computer Beginner	09:00a Computer Ubuntu Drop-in	09:00a A Tour Begins	
09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Interval Training	09:00a Interval Training	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/F	
09:00a Pickleball Int-Adv/M	09:30a Core Strength Advanced/T&Th	09:00a Pilates Beginning	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:00a Computer Beginner	
09:00a Pilates Strength Training	10:00a Aqua Fit/T&Th	09:00a Pottery - Clay Handbuilding	09:00a Pottery - Clay Handbuilding	09:30a Core Strength Advanced/T&Th	09:00a Muscles in Motion/F	
09:30a Excel for Everyday Life	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Ask the Resident	09:30a Ask the Resident	10:00a Aqua Fit/T&Th	09:00a Pickleball Int-Adv/M	
10:00a Knitting For Beginners	10:00a Bridge Amer Strd Tue	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	09:00a Rolling Yagalates	
10:00a Meet the RH Mayor	10:00a Computer Club	09:30a Spanish Group	09:30a Spanish Group	10:00a Chair Massage	10:00a Financial Friday	
10:00a Stretch & Balance/M	10:00a Crochet for Beginners	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
10:00a Water Works Aerobics/M&W	10:00a Cycling Free Demo/T	10:00a Heart Healthy Fitness	10:00a Heart Healthy Fitness	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
10:15a Cycling Ride Rock and Roll		10:00a Italian Class	10:00a Italian Class	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
		10:00a Late Bloomers Gardening Club	10:00a Late Bloomers Gardening Club	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
					11:00a French Group	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:00a Spanish Beginner 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:30p Samba- 1st and 3rd Monday 12:45p Chair Yoga/M 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p H2O Aerobics Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T 11:30a Guitar Yearly Meeting 11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am 12:15p Strength & Stretch for Parkinsons 12:45p German Group 01:00p Basketball Shoot Around 01:00p India Group 01:00p Pickleball Novice/MTF 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:00p Computer (PC 1 on 1) 2-3pm 02:05p Italian Group 02:20p Beginning Tai Chi Wu Style/T 02:30p H2O Aerobics Intermediate/T 03:00p Caregiver Support Group 04:00p Full Body Blast 04:00p Pickleball All Lvl/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	10:00a Veterans Connection 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Cant Reach Toes 01:00p Creation Station Classes - Quilling Paper Snowflakes 01:00p Dance For Parkinsons 01:00p Table Tennis/MWF 01:30p OU Med School Tour 02:00p H2O Aerobics Advanced/W 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Pottery Wheel 05:00p Strengthen Your Bones Advanced/M&W	11:45a Yoga A Gentle Beginning/Th 12:00p Advanced Pickleball Practice-A 12:00p Boxing for Parkinsons-A 12:20p Hard Core Strength Training 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Pickleball Novice/Th 01:00p Boxing for Parkinsons-B 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit 07:00p Spanish Beg PM	11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:30p Bridge Amer Strdr Fri 01:00p Computer Digital Photography Group 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee 02:00p H2O Aerobics Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
			05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM 07:00p SPORTS TALK			
12	13	14	15	16	17	18
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh  06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion/M 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Muscles in Motion/M 09:00a Pickleball Int - Adv/M 09:00a Pickleball Int-Adv/M	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh  06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 07:00a Open Swim/M-F 07:30a Advanced Small Group Personal Training/T 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics/T 09:00a A Tour Begins 09:00a Ask the Ortho Dr. 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh  06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Fitness in Motion/W 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Woodshop 08:30a Low Impact Aerobics/Th 08:30a Volleyball Tournament/Th 09:00a A Tour Begins 09:00a Making Waves/T&Th 09:15a Cycle to the Beat/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F 08:00a Ascension Wellness Center Visit 08:00a Ask the Nurse 08:00a Fitness in Motion/F 08:00a The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Muscles in Motion/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates	06:30a OPC Visit 06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 10:00a EUCHRE - Saturday drop-in 10:00a PINOCHLE - Saturday Drop-in 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	09:00a Pilates Strength Training	09:30a Ascension Hearing & Aid Clean	09:00a Savvy Senior Breakfast 2020	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Grief Support	
	09:00a Zentangle Intro	09:30a Back Health/T	09:30a Ask the Resident	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
	09:45a German Class Intermediate	09:30a Core Strength Advanced/T&Th	09:30a Pickleball Lessons Beg/W	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Water Works Aerobics/F	
	10:00a Knitting For Beginners	10:00a Aqua Fit/T&Th	09:30a Spanish Group	10:45a Step Aerobics/Th	10:15a Cycle to the Beat/F	
	10:00a Stretch & Balance/M	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Watercolor Class With Pete - Wednesday	11:30a Tone Stretch & Balance/T&Th	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Water Works Aerobics/M&W	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	11:45a Yoga A Gentle Beginning/Th	11:00a French Group	
	10:15a Cycling Ride Rock and Roll	10:00a Computer Club	10:00a Italian Class	12:00p Advanced Pickleball Practice-A	11:30a Chair Yoga/F	
	10:30a Computer Apple iPhone	10:00a Crochet for Beginners	10:00a Savvy Seniors 2020	12:00p Boxing for Parkinsons-A	11:30a Functionally Fit/F	
	10:30a Zumba/M	10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W	12:20p Hard Core Strength Training	12:30p Bridge Amer Strd Fri	
	11:00a Pickleball Practice Session Nov/Int	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Computer Help	
	11:00a Spanish Beginner	10:45a Step Aerobics/T	10:30a Pickleball Mentor Games/W	12:30p Jewelry with Tom Franzosi - Sterling Bracelet with Round Cabachon	01:00p Pickleball Novice/MTF	
	11:25a Functionally Fit/M	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentoring/W	12:30p Pickleball Novice/Th	01:00p Table Tennis/MWF	
	11:30a Core Strength Beginning/M	11:35a Yoga/T at 11:35 am	11:00a Polish Group	12:30p Pickleball Novice/Th	01:00p Zumba/F	
	12:00p Aquatic Healthy Joints Advanced/M&W	12:15p Strength & Stretch for Parkinsons	11:25a Core Strength Beginning/W	01:00p Boxing for Parkinsons-B	02:00p H2O Aerobics Beginning/F	
	12:00p Belly Dance	12:45p German Group	11:30a Pickleball Int-Adv/W	01:00p Computer MAC Enthusiasts	03:00p Aqua Basketball	
	12:30p Bridge Drop-in Mon.	01:00p Acrylic Pouring - Pours on Canvas	12:00p Aquatic Healthy Joints Advanced/M&W	01:10p Strengthen Your Bones Beginning/Th	04:00p Pickleball Int-Adv/F PM	
	12:30p Circuit Training	01:00p Basketball Shoot Around	12:30p Euchre Drop-In	01:15p Resistance & Balance Training/Th	06:00p Pickleball All Lvl/F PM	
	12:30p Mah Jong American	01:00p India Group	12:30p Mah Jong Chinese	01:30p Aquatic Core - Core Strength/T&Th		
	12:45p Chair Yoga/M	01:00p Pickleball Novice/MTF	12:45p Chair Yoga/W	02:00p Pickleball Machine Rental		
	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Resistance & Balance Training/T	01:00p Aquatic Healthy Joints Beginning/M&W	02:00p Pickleball Novice/Th 2pm		
	01:00p Bookfolding	01:30p Aquatic Core - Core Strength/T&Th	01:00p Creation Station Classes - Zentangle Snow Slate Painting	02:00p Pickleball Skills & Drills		
	01:00p Line Dance Day	01:30p Guitar - Tuesday	01:00p Dance For Parkinsons	02:15p Tai Chi With Chair		
	01:00p Pickleball Novice/MTF	02:20p Beginning Tai Chi Wu Style/T	01:00p Table Tennis/MWF			
	01:00p Table Tennis/MWF	02:30p H2O Aerobics Intermediate/T	01:00p Woodshop Project Class - Birdhouse Project			
	02:00p Basic Yoga/M	02:30p H2O Aerobics Intermediate/T	02:00p H2O Aerobics Advanced/W			
	02:00p Focus on the Issues	03:15p Ukulele Fun				
	02:00p H2O Aerobics Beginning/M					
	03:30p OU Medical Students Orientation					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	04:00p Pickleball All Lvl/M PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	04:00p Full Body Blast 04:00p Pickleball All Lvl/T 04:30p Terrific Tuesday 05:00p Aquatic Healthy Joints Advanced/T&Th 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 06:00p Woodshop Safety 07:05p Zumba/T	02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Pottery Wheel 05:00p Strengthen Your Bones Advanced/M&W 05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p REWIRED NOT RETIRED 06:30p Zumba/W 07:00p Line Dance PM	03:30p OU MEDICAL STUDENTS ORIENTATION 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 04:30p Meet Rochester Mayor 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit 07:00p Spanish Beg PM		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Crittenton PT	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 07:30a Advanced Small Group Personal Training/T 08:00a Ascension Wellness Center Visit	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Aquatic Core - Core Strength/M&W 08:00a Ascension Wellness Center Visit 08:00a Crittenton PT	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a Ascension Wellness Center Visit 08:00a Crittenton PT 08:00a Weight Room Orientation	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Open Swim/M-F 08:00a All Levels Pickleball Ladder/F 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F	06:30a OPC Visit 06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Basic Yoga/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	08:00a Fitness in Motion/M 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/M 09:00a Indoor Golf Clinic 09:00a Muscles in Motion/M 09:00a Pickleball Int-Adv/M 09:00a Pilates Strength Training 09:45a German Class Intermediate 10:00a Knitting For Beginners 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Computer Apple iPad 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:00a Spanish Beginner 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:30p Samba- 1st and 3rd Monday 12:45p Chair Yoga/M 01:00p Aquatic Healthy Joints Beginning/M&W	08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics/T 09:00a A Tour Begins 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue 10:00a Computer Club 10:00a Crochet for Beginners 10:00a Cycling Free Demo/T 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T 11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am 12:15p Strength & Stretch for Parkinsons 12:30p Independent Art Class 12:45p German Group 01:00p Basketball Shoot Around 01:00p India Group 01:00p Pickleball Novice/MTF 01:00p Spring Snowmen 01:15p Resistance & Balance Training/T	08:00a Fitness in Motion/W 08:00a The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Resident 09:30a Pickleball Lessons Beg/W 09:30a Spanish Group 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Italian Class 10:00a Late Bloomers Gardening Club 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W	08:00a Woodshop 08:30a Low Impact Aerobics/Th 08:30a Volleyball Tournament/Th 09:00a A Tour Begins 09:00a Computer Ubuntu Drop-in 09:00a Making Waves/T&Th 09:15a Cycle to the Beat/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Euchre Thursday AM 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:00p Advanced Pickleball Practice-A 12:00p Boxing for Parkinsons-A 12:20p Hard Core Strength Training 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Pickleball Novice/Th 01:00p Boxing for Parkinsons-B 01:00p Fireside Poetry 01:00p Lapidary Beg. 01:00p Womens Luncheon 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th	08:00a Ascension Wellness Center Visit 08:00a Fitness in Motion/F 08:00a The Deep/F 08:00a Visually Impaired 2020 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour Begins 09:00a Aqua Strength & Interval/F 09:00a Muscles in Motion/F 09:00a Pickleball Int-Adv/M 09:00a Rolling Yagalates 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 12:30p Bridge Amer Strd Fri 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee 02:00p H2O Aerobics Beginning/F 03:00p Aqua Basketball 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	09:00a Basketball 5 on 5/S 09:30a Guitar - Saturday 10:00a EUCHRE - Saturday drop-in 10:00a PINOCHLE - Saturday Drop-in 11:30a Triathlon-Member 11:30a Triathlon-Non-Member 11:30a Triathlon-Team 1 Event 11:30a Triathlon-Team 2 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	01:00p Bootcamp - Acrylic Paint 01:00p Colored Pencil / Baltimore Oriole 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p H2O Aerobics Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Movie Monday 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:00p Computer (PC 1 on 1) 2-3pm 02:20p Beginning Tai Chi Wu Style/T 02:30p H2O Aerobics Intermediate/T 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Full Body Blast 04:00p Pickleball All Lvl/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:00p Poetry Group E 07:05p Zumba/T	01:00p Creation Station Classes - Woodburning Welcome Sign 01:00p Dance For Parkinsons 01:00p Learn to Draw / Part I 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice 01:30p Bingo 02:00p H2O Aerobics Advanced/W 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Pottery Wheel 05:00p Strengthen Your Bones Advanced/M&W 05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM	01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit 07:00p Spanish Beg PM		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/MTWTh 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym/Th 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a OPC Visit 06:30a Open Gym AM/F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	
	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Open Swim/M-F	
	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	07:00a Open Swim/M-F	08:00a All Levels Pickleball Ladder/F	
	08:00a Aquatic Core - Core Strength/M&W	07:30a Advanced Small Group Personal Training/T	08:00a Aquatic Core - Core Strength/M&W	08:00a Ascension Wellness Center Visit	08:00a Aquatic Core - The Core/F	
	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ascension Wellness Center Visit	08:00a Ask the Nurse	08:00a Ascension Wellness Center Visit	
	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Ask the Nurse	
	08:00a Fitness in Motion/M	08:00a Woodshop	08:00a Crittenton PT	08:00a Weight Room Orientation	08:00a Fitness in Motion/F	
	08:00a The Deep/M&W	08:30a Low Impact Aerobics/T	08:00a Fitness in Motion/W	08:00a Woodshop	08:00a The Deep/F	
	08:00a Weight Room Orientation	09:00a A Tour Begins	08:00a The Deep/M&W	08:30a Low Impact Aerobics/Th	08:00a Weight Room Orientation	
	08:00a Woodshop	09:00a Ask the Ortho Dr.	08:00a Weight Room Orientation	08:30a Volleyball Tournament/Th	08:00a Woodshop	
	09:00a A Tour Begins	09:00a Making Waves/T&Th	08:00a Woodshop	09:00a A Tour Begins	09:00a A Tour Begins	
	09:00a Aqua Strength & Interval/M	09:00a Volleyball Tournament/T	09:00a A Tour Begins	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/F	
	09:00a Muscles in Motion/M	09:15a Cycle to the Beat/T	09:00a Aqua Strength & Interval/W	09:15a Cycle to the Beat/Th	09:00a Muscles in Motion/F	
	09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Interval Training	09:30a Core Strength Advanced/T&Th	09:00a Pickleball Int-Adv/M	
	09:00a Pickleball Int-Adv/M	09:30a Core Strength Advanced/T&Th	09:00a Pilates Beginning	10:00a Aqua Fit/T&Th	09:00a Rolling Yagalates	
	09:00a Pilates Strength Training	10:00a Aqua Fit/T&Th	09:00a Pottery - Clay Handbuilding	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a English Learning Grp	
	09:30a Excel for Everyday Life	10:00a Aquatic Healthy Joints Beginning/T&Th	09:30a Ask the Resident	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Pick-A-Puzzle	
	09:45a German Class Intermediate	10:00a Bridge Amer Strd Tue	09:30a Pickleball Lessons Beg/W	10:00a Euchre Thursday AM	10:00a Stretch & Balance/F	
	10:00a Knitting For Beginners	10:00a Computer Club	09:30a Spanish Group	10:00a Reflexology	10:00a Water Works Aerobics/F	
	10:00a Stretch & Balance/M	10:00a Crochet for Beginners	09:30a Watercolor Class With Pete - Wednesday	10:30a Strengthen Your Bones Intermediate/T&Th	10:15a Cycle to the Beat/F	
	10:00a Water Works Aerobics/M&W	10:00a Cycling Free Demo/T	10:00a Heart Healthy Fitness	10:45a Step Aerobics/Th	10:30a Beginning Tai Chi Wu Style/F	
	10:15a Cycling Ride Rock and Roll	10:30a Strengthen Your Bones Intermediate/T&Th	10:00a Italian Class	11:30a Tone Stretch & Balance/T&Th	11:00a French Group	
	10:30a Zumba/M	10:45a Step Aerobics/T	10:00a Water Works Aerobics/M&W	11:45a Yoga A Gentle Beginning/Th	11:30a Chair Yoga/F	
	11:00a Pickleball Practice Session Nov/Int	11:30a Tone Stretch & Balance/T&Th	10:30a Beginner Low Impact Ballet	12:00p Advanced Pickleball Practice-A	11:30a Functionally Fit/F	
	11:00a Spanish Beginner	11:35a Yoga/T at 11:35 am	10:30a Pickleball Mentor Games/W	12:00p Boxing for Parkinsons-A	12:30p Bridge Amer Strd Fri	
	11:25a Functionally Fit/M	12:15p Strength & Stretch for Parkinsons	10:30a Pickleball Mentoring/W	12:20p Hard Core Strength Training	01:00p Pickleball Novice/MTF	
	11:30a Core Strength Beginning/M		11:00a Leisure Travel Lunch Blythe Spirit	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Table Tennis/MWF	
					01:00p Zumba/F	
					02:00p H2O Aerobics Beginning/F	
					03:00p Aqua Basketball	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	12:00p Aquatic Healthy Joints Advanced/M&W 12:00p Belly Dance 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:45p Chair Yoga/M 12:45p Vintage Views Writers Poets Proofreaders 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Bootcamp - Acrylic Paint 01:00p Colored Pencil/Baltimore Oriole 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 02:00p Basic Yoga/M 02:00p Focus on the Issues 02:00p H2O Aerobics Beginning/M 04:00p Pickleball All Lvl/M PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p 650 Players Workshop Meet and Greet 06:00p Badminton/M&Th 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance	12:30p Independent Art Class 12:45p German Group 01:00p Basketball Shoot Around 01:00p India Group 01:00p Pickleball Novice/MTF 01:15p Resistance & Balance Training/T 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:05p Italian Group 02:20p Beginning Tai Chi Wu Style/T 02:30p H2O Aerobics Intermediate/T 03:00p Stained Glass Class - Afternoon 03:15p Ukulele Fun 04:00p Full Body Blast 04:00p Pickleball All Lvl/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:15p Step Aerobics/T PM 05:30p Dinner with the Doc 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	11:00a Polish Group 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station Classes - Winter Cardmaking 01:00p Dance For Parkinsons 01:00p Learn to Draw / Part I 01:00p Table Tennis/MWF 02:00p H2O Aerobics Advanced/W 02:00p Open Gym PM/W 02:00p Pickleball Machine Rental 02:00p Pickleball Novice / W 02:00p Yoga Stretch and Strength 04:00p Pickleball All Levels/W PM 05:00p Pottery Wheel 05:00p Strengthen Your Bones Advanced/M&W 05:45p Aqua Yoga 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Zumba/W 07:00p Line Dance PM	12:30p Pickleball Novice/Th 01:00p Boxing for Parkinsons-B 01:00p Lapidary Beg. 01:10p Strengthen Your Bones Beginning/Th 01:15p Resistance & Balance Training/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Machine Rental 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills 02:15p Tai Chi With Chair 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 05:30p Aqua Zumba/Th 06:00p Badminton/M&Th 06:30p Box Fit 101 06:45p Muscular Endurance 07:00p Aquacycle Circuit 07:00p Spanish Beg PM	04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	