

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a All Levels Pickleball Ladder/F - Gym	08:00a Aqua Mix - Lap Pool
08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool	08:00a Billiards - Billiards	08:00a Billiards - Billiards	08:00a APR Wellness Center Visit - Critt WC	08:00a Billiards/S - Billiards
08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Billiards - Billiards	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Billiards - Billiards	08:00a Cardio and Weights/S - Cardio
08:00a Library - Library	08:00a Library - Library	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Library - Library	08:00a Library - Library	08:00a Cardio and Weights - Weight Rm,Cardio	08:00a Library - Library
08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Library - Library	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby
08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a New Member Visit - Lobby	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library	08:00a Open Swim/S - Lap Pool,Therapy Pool
08:00a Open Gym AM/MW - Gym	08:00a Open Gym AM/MW - Gym	08:00a OPC Meeting - Atrium	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a New Member Visit - Lobby	08:00a Personal Training - Personal Trg
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Novice Pickleball Drop-in Play - Gym	08:00a Pickleball Interm./Advanced/S - Gym
08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium	08:00a Walking Track - Track
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:00a Personal Training - Personal Trg	08:30a Cycling/S - Gym
08:30a Strengthen Lengthen and Balance/Mon - CR 2	08:30a Strengthen Lengthen and Balance/Mon - CR 2	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Physical Therapy - Critt PT	09:00a Woodshop - Woodshop
09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:00a Personal Training - Personal Trg	08:00a Walking Track - Track	08:30a Muscular Endurance/Thu - CR 2	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a Cafe - Cafe	09:00a Cafe - Cafe	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:00a Walking Track - Track	09:30a Basketball 5 on 5/S - Gym
09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Cafe - Cafe	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:30a Strengthen Lengthen and Balance/Fri - CR 2	10:00a Guitar Group Saturday - Dining Rm
09:00a Making Waves/Mon - Lap Pool	09:00a Making Waves/Mon - Lap Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Aquatic Muscles in Motion - Lap Pool	11:00a Volleyball All Lvl/S - Gym
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Fri - Gym	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:00a Virtual Cardio & Strength W/ Lisa	09:00a Virtual Cardio & Strength W/ Lisa	09:00a Cafe - Cafe	09:00a Water Works/Wed - Therapy Pool	09:00a Woodshop - Woodshop	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	12:30p Novice Pickleball Drop-in/S - Gym
09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:30a Core Strength/Thu - CR 2	09:00a Lapidary - Studio 1,Studio 2	
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Pickleball Intermediate Drop-in Play - Gym	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	09:00a Trip DSO POPS - Aud-Back,Aud-Front	
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 101: Beginner Lesson - Gym		09:00a Woodshop - Woodshop	
		10:00a Bridge Drop In Tuesday - CR 3			09:30a Total Body Sculpt - CR 2	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	09:45a German Intermediate Class - CR 1	10:00a Gift Shop 10:00-2:00pm - Gift Shop	09:30a Pickleball 102: Mentor Games - Gym	10:00a Acrylic Painting w/Elaine - Studio 1	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Knitting For Beginners, Part II - Studio 1	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Technology Club - CR 1	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Pickleball Inter./Th AM - Gym	10:00a Caring & Sharing Loss - CR 1	
	10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Trail Walk Tuesdays - South Parking Lot	10:00a Garden Club - Dining Rm	10:00a Wellness Coaching Thursdays - Conference B	10:00a Gift Shop 10:00-2:00pm - Gift Shop	
	10:00a Monday with the Mayor - Dining Rm	10:00a Wellness Coaching Tuesdays - Conference B	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Pickleball Inter./Adv. Drop In - Gym	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:15a Aqua Yoga/Tues - Therapy Pool	10:00a Spanish Conversation Group - Virtual	10:30a Spanish Beginner - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	11:00a Mindfulness with Jan Miller - CR 1	10:30a Body Strong - Group Exercise 1 - KW Aerobic	10:15a Core Strength/Wed - CR 2	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	11:00a French Conversation Group - CR 1	
	11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	12:00p Pickleball Advanced Drop-in Play - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic	12:00p Basketball Shoot Around - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Tang Soo Do - Gym	12:00p Boxing for Parkinsons - Gym	11:30a Ballet - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 2,CR 3	12:30p Bridge American Standard Fridays - CR 1	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Hand & Foot variation of Canasta - Library	
	12:30p American Mah-Jong - CR 3	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library	12:30p Pinochle - CR 3,CR 2	
	12:30p Bridge Drop-In Monday - CR 1	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Virtual MAC Enthusiasts with Josetta	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Independent Drawing and Painting - Studio 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Watercolor Mini Series - Studio 1	01:00p Lapidary Beginning - Studio 2	
	12:30p Samba Card Game - Library	01:00p India Conversation Group - Library	01:00p Creation Station Terra Cotta Topiaries - Studio 1	01:00p Woodcarvers Meet Up - Studio 3	01:00p Table Tennis - Gym	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Italian Group - Library	01:30p Line Dance - Aud-Back,Aud-Front	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Table Tennis - Gym	01:30p Guitar Group Tuesday - CR 1,CR 2	01:00p Making Waves/Wed - Lap Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	02:00p Drum Circle - Dining Rm		
	01:30p Spanish Beginner - CR 1					

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	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic  02:00p Open Aqua Bikes - Lap Pool  04:00p Pickleball Adv. Invitational - Gym  04:00p Seed Starting Workshop - Cottage  04:30p Pottery Studio - Independent Potters Evening - Pottery Rm  05:15p Aqua Zumba/Mon - Lap Pool  05:45p Core & Toning - Group Exercise 1 - KW Aerobic  06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym  07:00p Ballroom Dance - Aud-Front,Aud-Back  07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:45p Pickleball Intermediate Drop-in Play - Gym  02:00p French Advanced Class - CR 3  02:00p Ukulele Fun - Aud-Back,Aud-Front  04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic  04:00p Novice Pickleball Drop-in Play - Gym  05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic  05:45p Aqua Zumba/Tue - Lap Pool  06:00p Pickleball Inter./Tu PM - Gym	01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool  02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic  03:00p Parkinsons Support Group - Dining Rm  04:00p Pickleball Intermediate Drop-in Play - Gym  04:00p Spanish for Travelers - CR 1  04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm  04:45p Pool Gym Circuit Training - Lap Pool  05:45p Chess Play/Learn/View - Library  06:00p Basketball 5 on 5/W - Gym  06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool  06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym  02:30p 650 Mid-Day Club - Aud-Back,Aud-Front  03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic  03:00p Small Group Swim Lessons 3PM - Lap Pool  04:00p Pickleball Inter./Th PM - Gym  04:30p Pottery Studio - Independent Potters Evening - Pottery Rm  05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic  05:45p Aqua Zumba/Thu - Lap Pool  06:00p Badminton - Gym 06:00p Box Fit 101 - Gym		
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym AM/MW - Gym	08:00a APR Wellness Center Visit - Critt WC  08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym AM/MW - Gym	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym/T Th - Gym	08:00a All Levels Pickleball Ladder/F - Gym  08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a Novice Pickleball Drop-in Play - Gym	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a Open Swim/S - Lap Pool,Therapy Pool  08:00a Personal Training - Personal Trg

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8	9	10	11	12	13	14
08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a OPC Meeting - Atrium	08:00a Pickleball Interm./Advanced/S - Gym
08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Open Gym/T Th - Gym	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Walking Track - Track
08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Personal Training - Personal Trg	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Personal Training - Personal Trg	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	08:00a Walking Track - Track	08:00a Physical Therapy - Critt PT	08:30a Cycling/S - Gym
08:00a Walking Track - Track	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a The Deep/Wed - Lap Pool	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a Rise & Shine - Group Exercise 1 - KW Aerobic	09:00a Woodshop - Woodshop
08:30a Strengthen Lengthen and Balance/Mon - CR 2	08:00a Sunrise Yoga/Tues - CR 2	08:00a Walking Track - Track	08:00a Walking Track - Track	08:30a Muscular Endurance/Thu - CR 2	08:00a Walking Track - Track	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:00a Walking Track - Track	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Cafe - Cafe	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	08:30a Strengthen Lengthen and Balance/Fri - CR 2	09:30a Basketball 5 on 5/S - Gym
09:00a Cafe - Cafe	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	10:00a Guitar Group Saturday - Dining Rm
09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic	09:00a 650 Players Rehearsal - Aud-Back,Aud-Front	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Aquatic Muscles in Motion - Lap Pool	11:00a Volleyball All Lvl/S - Gym
09:00a Making Waves/Mon - Lap Pool	09:00a Cafe - Cafe	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Cycling/Fri - Gym	11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic
09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Water Works/Wed - Therapy Pool	09:00a Water Works/Wed - Therapy Pool	09:30a Core Strength/Thu - CR 2	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	12:30p Novice Pickleball Drop-in/S - Gym
09:00a Virtual Cardio & Strength W/ Lisa	09:30a Introduction to Abstract Painting - Studio 1,Studio 2	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic	09:00a Lapidary - Studio 1,Studio 2	01:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front
09:00a Woodshop - Woodshop	09:30a The Role of Emergency Medicine in our Community - Dining Rm	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Pickleball 101: Beginner Lesson - Gym	10:00a Acrylic Painting w/Elaine - Studio 1	09:00a Lapidary Beginning - Studio 2	
09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Pickleball 102: Mentor Games - Gym	09:30a Pickleball 102: Mentor Games - Gym	10:00a Gift Shop 10:00-2:00pm - Gift Shop	09:30a Total Body Sculpt - CR 2	
09:45a German Intermediate Class - CR 1	10:00a Aqua Healthy Joints/Mon - Therapy Pool	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1	10:00a Pickleball Inter./Th AM - Gym	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
10:00a Aqua Healthy Joints/Mon - Therapy Pool	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Wellness Coaching Thursdays - Conference B	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Bridge Drop In Tuesday - CR 3	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00-2:00pm - Gift Shop	
10:00a Jewelry with Regina - Studio 1	10:00a Gift Shop 10:00-2:00pm - Gift Shop	10:00a Spanish Conversation Group - Virtual	10:00a Spanish Conversation Group - Virtual	10:30a Nutrition Bites - Dining Rm	10:00a Pickleball Inter./Adv. Drop In - Gym	
10:00a Mat Pilates - Group Exercise 2 - LaVere Rm	10:00a Knitting For Beginners, Part II - Studio 1	10:00a Veterans Connection - Dining Rm	10:00a Veterans Connection - Dining Rm	10:30a Spanish Beginner - CR 1		
	10:00a Technology Club - CR 1					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic</p> <p>11:30a Tang Soo Do - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p Samba Card Game - Library</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>01:30p Spanish Beginner - CR 1</p> <p>02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes - Lap Pool</p> <p>03:00p Movie Monday - Dining Rm</p> <p>04:00p Pickleball Adv. Invitational - Gym</p> <p>04:00p Seed Starting Workshop - Cottage</p>	<p>10:00a Trail Walk Tuesdays - South Parking Lot</p> <p>10:00a Wellness Coaching Tuesdays - Conference B</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Boxing for Parkinsons - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Independent Drawing and Painting - Studio 1</p> <p>01:00p India Conversation Group - Library</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:30p Guitar Group Tuesday - CR 1,CR 2</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills &amp; Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - CR 3</p>	<p>10:15a Core Strength/Wed - CR 2</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>12:00p Meadow Brook Pin Up Girls - Aud-Back,Aud-Front</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Italian Group - Library</p> <p>01:00p Making Waves/Wed - Lap Pool</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool</p> <p>02:00p Woodshop Project Class Garden Trellis - Woodshop</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p>	<p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Woodcarvers Meet Up - Studio 3</p> <p>01:30p Line Dance - Aud-Back,Aud-Front</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Small Group Swim Lessons 3PM - Lap Pool</p> <p>04:00p Pickleball Inter./Th PM - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Thu - Lap Pool</p> <p>06:00p Badminton - Gym</p>	<p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:00a French Conversation Group - CR 1</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p Pinochle - CR 3,CR 2</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class-Non-member - Aud-Back,Aud-Front	02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Forgotten Detroit - Dining Rm 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	04:00p Spanish for Travelers - CR 1 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	06:00p Box Fit 101 - Gym		
15	16	17	18	19	20	21
	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Walking Track - Track 08:30a Strengthen Lengthen and Balance/Mon - CR 2	08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - CR 2	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 08:00a Walking Track - Track	08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Walking Track - Track 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	08:00a All Levels Pickleball Ladder/F - Gym 08:00a APR Wellness Center Visit - Critt WC 08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a Novice Pickleball Drop-in Play - Gym 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Rise & Shine - Group Exercise 1 - KW Aerobic 08:00a Walking Track - Track	08:00a Aqua Mix - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Walking Track - Track 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	09:00a Cafe - Cafe 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic 09:00a Making Waves/Mon - Lap Pool 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Virtual Cardio & Strength W/ Lisa 09:00a Woodshop - Woodshop 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Healthy Joints/Mon - Therapy Pool 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Mat Pilates - Group Exercise 2 - LaVere Rm 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Mindfulness with Jan Miller - CR 1 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do - Gym 12:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front 12:00p Regular Lunch in the Dining Room - Dining Rm	08:00a Walking Track - Track 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Woodshop - Woodshop 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Anyone Can Paint - Aud-Front 10:00a Bridge Drop In Tuesday - CR 3 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Knitting For Beginners, Part II - Studio 1 10:00a Technology Club - CR 1 10:00a Trail Walk Tuesdays - South Parking Lot 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front 12:00p Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym	09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm 09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Watercolor Painting Class With Pete - Wednesday - Studio 1 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Interior Design with Renea Lewis - Dining Rm 10:00a Spanish Conversation Group - Virtual 10:15a Core Strength/Wed - CR 2 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front	08:30a Muscular Endurance/Thu - CR 2 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Core Strength/Thu - CR 2 09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic 10:00a Acrylic Painting w/Elaine - Studio 1 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a Rochester Hills Museum Lecture - Aud-Back,Aud-Front 10:30a Spanish Beginner - CR 1 11:00a Ecoprinting Workshop - Patio Garden 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm	08:30a Strengthen Lengthen and Balance/Fri - CR 2 09:00a Aquatic Muscles in Motion - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1,Studio 2 09:00a Woodshop - Woodshop 09:30a Total Body Sculpt - CR 2 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Caring & Sharing Loss - CR 1 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Adv. Drop In - Gym 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:00a French Conversation Group - CR 1 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3,CR 2 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	10:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 11:00a Zumba Gold Chair - Group Exercise 1 - KW Aerobic 12:30p Novice Pickleball Drop-in/S - Gym 01:00p 650 Players Going Global - A Musical Adventure - Aud-Back,Aud-Front

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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	12:30p American Mah-Jong - CR 3	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	12:30p Duplicate Bridge - CR 2,CR 3	01:00p Movie Friday - Aud-Back,Aud-Front	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 1	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p Table Tennis - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 3	12:30p Euchre Wednesdays - CR 3,CR 2	01:00p Open Studio - Needle Arts Studio Thurs. - Library	01:00p Zentangle Intro - Studio 3	
	12:30p Samba Card Game - Library	01:00p Independent Drawing and Painting - Studio 1	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	01:00p Virtual MAC Enthusiasts with Josetta	01:30p Photographers Club - Dining Rm	
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p India Conversation Group - Library	01:00p Creation Station Lariat-Rope Style Necklace - Studio 1	01:00p Woodcarvers Meet Up - Studio 3	02:30p Aqua Yoga/Fri - Therapy Pool	
	01:00p Table Tennis - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Italian Group - Library	01:30p Line Dance - Aud-Back,Aud-Front		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Guitar Group Tuesday - CR 1,CR 2	01:00p Making Waves/Wed - Lap Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:30p Spanish Beginner - CR 1	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	02:00p Drum Circle - Dining Rm		
	02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic	01:45p Pickleball 301: Skills & Drills - Gym	01:00p Table Tennis - Gym	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Open Aqua Bikes - Lap Pool	01:45p Pickleball Intermediate Drop-in Play - Gym	01:30p The Butterfly Moment - Dining Rm	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	04:00p Pickleball Adv. Invitational - Gym	02:00p French Advanced Class - CR 3	02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool	03:00p Small Group Swim Lessons 3PM - Lap Pool		
	04:00p Seed Starting Workshop - Cottage	02:00p Ukulele Fun - Aud-Back,Aud-Front	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	04:00p Pickleball Intermediate Drop-in Play - Gym	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Novice Pickleball Drop-in Play - Gym	04:00p Spanish for Travelers - CR 1	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic		
	05:45p Core & Toning - Group Exercise 1 - KW Aerobic	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm	05:45p Aqua Zumba/Thu - Lap Pool		
	06:00p Badminton - Gym	05:45p Aqua Zumba/Tue - Lap Pool	04:45p Pool Gym Circuit Training - Lap Pool	06:00p Badminton - Gym		
	06:00p Novice Pickleball Drop-in Play - Gym	06:00p Pickleball Inter./Tu PM - Gym	05:45p Chess Play/Learn/View - Library	06:00p Box Fit 101 - Gym		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18 06:00p Basketball 5 on 5/W - Gym  06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool  06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	19	20	21
22	23	24	25	26	27	28
	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm, Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym AM/MW - Gym  08:00a Open Swim/M-F - Lap Pool, Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Rise & Shine - Group Exercise 1 - KW Aerobic  08:00a Walking Track - Track  08:30a Strengthen Lengthen and Balance/Mon - CR 2  09:00a Cafe - Cafe 09:00a Cardio Kickboxing - Group Exercise 1 - KW Aerobic  09:00a Making Waves/Mon - Lap Pool  09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	08:00a APR Wellness Center Visit - Critt WC  08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm, Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym AM/MW - Gym  08:00a Open Swim/M-F - Lap Pool, Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Sunrise Yoga/Tues - CR 2  08:00a Walking Track - Track  08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic  09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym  09:00a Woodshop - Woodshop	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm, Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym AM/MW - Gym  08:00a Open Swim/M-F - Lap Pool, Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Rise & Shine - Group Exercise 1 - KW Aerobic  08:00a The Deep/Wed - Lap Pool  08:00a Walking Track - Track  09:00a Aquatics Strength & Core / Wed - Lap Pool  09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic  09:00a Pottery Studio - Pottery Handbuilding Class - Pottery Rm	08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm, Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a OPC Meeting - Atrium  08:00a Open Gym/T Th - Gym  08:00a Open Swim/M-F - Lap Pool, Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Walking Track - Track  08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic  08:30a Muscular Endurance/Thu - CR 2  09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm  09:00a Woodshop - Woodshop 09:30a Core Strength/Thu - CR 2	08:00a All Levels Pickleball Ladder/F - Gym  08:00a APR Wellness Center Visit - Critt WC  08:00a Billiards - Billiards 08:00a Cardio and Weights - Weight Rm, Cardio  08:00a Library - Library 08:00a New Member Visit - Lobby  08:00a Novice Pickleball Drop-in Play - Gym  08:00a OPC Meeting - Atrium  08:00a Open Swim/M-F - Lap Pool, Therapy Pool  08:00a Personal Training - Personal Trg  08:00a Physical Therapy - Critt PT  08:00a Rise & Shine - Group Exercise 1 - KW Aerobic  08:00a Walking Track - Track  08:30a Strengthen Lengthen and Balance/Fri - CR 2  09:00a Aquatic Muscles in Motion - Lap Pool  09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	08:00a Library - Library 08:00a New Member Visit - Lobby

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	09:00a Virtual Cardio & Strength W/ Lisa 09:00a Woodshop - Woodshop 09:30a Pickleball Intermediate Drop-in Play - Gym 09:45a German Intermediate Class - CR 1 10:00a Aqua Healthy Joints/Mon - Therapy Pool 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Mat Pilates - Group Exercise 2 - LaVere Rm 10:00a Pastel Workshop w/Kathie - Studio 1,Studio 2 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 11:00a Pickleball 201: Novice/Low Intermediate Lessons - Gym 11:30a Dance For Parkinsons - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p American Mah-Jong - CR 3 12:30p Bridge Drop-In Monday - CR 1 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Samba Card Game - Library 01:00p Table Tennis - Gym 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	09:30a Watercolor Workshop - Studio 1,Studio 2 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Discover Michigan Fresh - Library 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Intermediate Knitting - Library 10:00a Technology Club - CR 1 10:00a Trail Walk Tuesdays - South Parking Lot 10:00a Wellness Coaching Tuesdays - Conference B 10:15a Aqua Yoga/Tues - Therapy Pool 10:30a Body Strong - Group Exercise 1 - KW Aerobic 11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic 12:00p Basketball Shoot Around - Gym 12:00p Boxing for Parkinsons - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic 12:45p German Conversation Group - CR 3 01:00p India Conversation Group - Library 01:00p Open Studio - Needle Arts Studio Tues - Library	09:00a Water Works/Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Spanish Conversation Group - Virtual 10:15a Core Strength/Wed - CR 2 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter./Adv. Drop In - Gym 11:30a Ballet - Group Exercise 1 - KW Aerobic 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bingo - Dining Rm 12:30p Chinese Mah-Jong - CR 1 12:30p Euchre Wednesdays - CR 3,CR 2 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 01:00p Creation Station Moss Terrarium - Studio 1 01:00p Italian Group - Library 01:00p Making Waves/Wed - Lap Pool 01:00p Parkinsons Care Group - Aud-Front	09:30a Painting Calm - Atrium 09:30a Zumba/Thu AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Th AM - Gym 10:00a Wellness Coaching Thursdays - Conference B 10:30a Barre Fusion - Group Exercise 1 - KW Aerobic 10:30a Spanish Beginner - CR 1 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Pickleball Advanced Drop-in Play - Gym 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Duplicate Bridge - CR 2,CR 3 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 01:00p Fireside Poets Meet-Up - Cottage 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p The Gardens of Michigan - Dining Rm 01:30p Line Dance - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic	09:00a Lapidary - Studio 1,Studio 2 09:00a Woodshop - Woodshop 09:30a Total Body Sculpt - CR 2 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Pickleball Inter./Adv. Drop In - Gym 10:00a Visually Impaired Group - Dining Rm 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3,CR 2 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool  <p style="text-align: center;"><b>BUILDING CLOSED AT 4:00 PM</b></p>	<b>BUILDING CLOSED</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	01:30p Line Dance - Aud-Back,Aud-Front 01:30p Spanish Beginner - CR 1 02:00p Chair Yoga/Mon - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes - Lap Pool 04:00p Pickleball Adv. Invitational - Gym 04:00p Seed Starting Workshop - Cottage 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:45p Core & Toning - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Novice Pickleball Drop-in Play - Gym 07:00p Ballroom Dance - Aud-Front,Aud-Back 07:00p Ballroom Dance Class--Non-member - Aud-Back,Aud-Front	01:30p Guitar Group Tuesday - CR 1,CR 2 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p The Lives of Artists - Dining Rm 01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 3 02:00p Ukulele Fun - Aud-Back,Aud-Front 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm 01:00p Table Tennis - Gym 02:00p Aqua Healthy Joints/Wed 2:00 PM - Lap Pool 02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Spanish for Travelers - CR 1 04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm 04:45p Pool Gym Circuit Training - Lap Pool 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints/Wed 6:30 PM - Lap Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Small Group Swim Lessons 3PM - Lap Pool 04:00p Pickleball Inter./Th PM - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Ballroom Dance Party - Aud-Back,Aud-Front 06:00p Box Fit 101 - Gym		
<b>29</b>	<b>BUILDING CLOSED</b>	<b>31</b>				
		08:00a APR Wellness Center Visit - Critt WC 08:00a Aqua Healthy Joints/Tue 8:00 AM - Therapy Pool 08:00a Cardio and Weights - Weight Rm,Cardio 08:00a Library - Library				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - CR 2 08:00a Walking Track - Track 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Woodshop - Woodshop 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3 10:00a Discover Michigan Fresh - Library 10:00a Gift Shop 10:00-2:00pm - Gift Shop 10:00a Intermediate Knitting - Library 10:00a Technology Club - CR 1 10:00a Trail Walk Tuesdays - South Parking Lot 10:00a Wellness Coaching Tuesdays - Conference B				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 10:15a Aqua Yoga/Tues - Therapy Pool  10:30a Body Strong - Group Exercise 1 - KW Aerobic  11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic  12:00p Basketball Shoot Around - Gym  12:00p Boxing for Parkinsons - Gym  12:00p Regular Lunch in the Dining Room - Dining Rm  12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic  12:45p German Conversation Group - CR 3  01:00p India Conversation Group - Library  01:00p Open Studio - Needle Arts Studio Tues - Library  01:30p Guitar Group Tuesday - CR 1,CR 2  01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic  01:30p Ringo Bingo! - Dining Rm  01:45p Pickleball Intermediate Drop-in Play - Gym  02:00p French Advanced Class - CR 3  02:00p Ukulele Fun - Aud-Back,Aud-Front  02:30p Book Club - Atrium  04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p> <p>04:00p Novice Pickleball Drop-in Play - Gym</p> <p>05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic</p> <p>05:45p Aqua Zumba/Tue - Lap Pool</p> <p>06:00p Pickleball Inter./Tu PM - Gym</p>				