

Older Persons' Commission

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				06:29a Social	06:29a Social	07:00a Billiards/S
				06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	07:00a Cardio and Weights/S
				06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Computer Lab Saturday
				06:30a Library	06:30a Library	07:00a Critt Fit Challenge Rpt
				06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/F	07:00a Library/S
				06:30a Open Swim/T&Th	06:30a Open Gym AM/MTWTh	07:00a Open Swim/S
				06:30a Personal Training	06:30a Open Swim/MWF	07:00a Personal Training/S
				06:30a Walking Track	06:30a Personal Training	07:00a Pickleball Int-Adv/S
				07:00a Aqua Core Strgth Adv/T&TR	06:30a Walking Track	07:00a Social/S
				07:00a Computer Lab - Mon- Fri	07:00a Computer Lab - Mon- Fri	08:00a 5k Run Walk Adult
				07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	08:00a 5k Run Walk Child
				08:00a Ask the Nurse	07:00a Strength Balance Adv/F	08:00a Private Swim Lessons
				08:00a Crittenton PT	08:00a Aqua Interval/F	08:00a Semi-Private Swim Lessons
				08:00a Crittenton Wellness Center Visit	08:00a Aqua The Core	08:00a Weight Room Orientation
				08:00a Lapidary Drop-in	08:00a Ask the Nurse	08:00a Woodshop
				08:00a Private Swim Lessons	08:00a Crittenton Wellness Center Visit	09:00a A Tour
				08:00a Semi-Private Swim Lessons	08:00a Fitness in Motion	09:00a Basketball 5 on 5/S
				08:00a Weight Room Orientation	08:00a Pickleball Ladder All Lvls/F	09:00a Yoga Basic/S
				08:00a Woodshop	08:00a Private Swim Lessons	09:30a Guitar - Saturday
				08:30a Low Impact Aerobics	08:00a Semi-Private Swim Lessons	11:00a Euchre/Amer. Bridge Saturday
				09:00a A Tour	08:00a Weight Room Orientation	11:45a Volleyball All Lvl/S
				09:00a Aqua Making Waves/T&Th	08:00a Woodshop	02:00p Pickleball Novice/S
				09:00a Bridge Workshop - Strategy in 5-5 Distribution	09:00a A Tour	
				09:00a Volleyball Tournament/R	09:00a AAA Caregivers 2	
				09:15a Cycle to the Beat/Th	09:00a Aqua Strgth & Cardio	
				09:30a Back Health/Th	09:00a Critt Bone Density Scrng	
				09:30a Core Strength Adv/T&Th	09:00a Muscles in Motion	
					09:00a Pickleball Int-Adv/M	
					09:00a Pottery Wheel Friday Morning	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				10:00a Aqua Fit/T&Th 10:00a Aqua Healthy Jnts/T&Th 10:30a Commodity Foods 10:30a Pottery - Independent Potters AM 10:30a Strengthen Bones Adv/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch Balance/T&Th 11:45a Yoga Gentle Beginning/Th 12:30p Bridge - Duplicate 12:30p Metalsmithing Drop-In 12:30p Pickleball Drills Skills 1/Th 12:30p Pickleball Novice/Th 01:00p Computer MAC Enthusiasts 01:00p Critt CPR Class 01:00p Pickleball Machine Rental 01:10p Strengthen Bones Beg/T&Th 01:15p Stretch & Strength/Th 01:30p Aqua Core Strgth/T&Th 01:30p Pottery - Independent Potters PM 03:00p Rehearsal-MSM 04:00p Pickleball Int-Adv/T&Th 04:30p Pottery - Independent Potters E 05:00p Aqua Healthy Jnts Adv/T&Th 05:00p Governing Board Meeting	09:30a Watercolor Class Friday 10:00a Aqua Water Works/F 10:00a Chinese Learn English 10:00a English Learning Grp 10:00a Stretch & Balance 10:30a Grief Support 11:00a French Group 11:30a Functionally Fit/F 11:30a Yoga Chair/F 11:45a Cycle to the Beat/F 12:30p Bridge Amer Strd Fri 12:30p Hand & Foot Mexican Train 12:30p Pinochle 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Thread Therapy-F 01:00p Zumba/F 01:15p Percussion Ensemble 02:00p Aqua H2O Aerobics/F 04:00p Pickleball All Lvl/M&F 06:00p Pickleball All Lvl/F PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				05:30p Essentrics Age Reversing/Th 06:00p Badminton/M&Th 06:30p Fit and 50 Barre 06:30p Meditation E 07:00p Aqua Swim Team/Th 07:00p Spanish Beg PM		
4	5	6	7	8	9	10
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/M 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Rehearsal 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Mens Breakfast Social 08:00a Private Swim Lessons 08:00a Rehearsal-Club 650 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour 09:00a Aqua Making Waves/T&Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/W 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Rehearsal-Club 650 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Weight Room Orientation 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Lapidary Drop-in 08:00a Private Swim Lessons 08:00a Rehearsal-Club 650 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour 09:00a Aqua Making Waves/T&Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/F 08:00a Aqua Interval/F 08:00a Aqua The Core 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Pickleball Ladder All Lvl/F 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour	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 Social/S 08:00a Aqua Boot Camp/S 08:00a Basketball 5 on 5/S 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Yoga Basic/S 09:30a Guitar - Saturday 10:00a Volleyball All Lvl/S 11:00a Euchre/Amer. Bridge Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
09:00a A Tour	09:00a Bike for Coffee	09:00a A Tour	09:00a Beaded Jewelry With Laurie Drop-In	09:00a AAA Caregivers 2	09:00a Aqua Strgth & Cardio	
09:00a Aqua Interval/M	09:00a Computer Basic	09:00a Computer Basic	09:00a Computer Basic	09:00a Aqua Strgth & Cardio	09:00a Muscles in Motion	
09:00a Muscles in Motion	09:00a Jewelry with Laurie - Wire Heart Necklace	09:00a Muscles in Motion	09:00a Bridge Workshop - Long Minor Suit	09:00a Pickleball Int-Adv/M	09:00a Pottery Wheel Friday Morning	
09:00a Pickleball Int - Adv/M	09:00a Volleyball Tournament/T	09:30a Pickleball Lessons Beg/W	09:00a Computer Ubuntu Drop-in	09:30a Watercolor Class Friday		
09:00a Pickleball Int-Adv/M	09:15a Cycle to the Beat/T	09:30a Spanish Group	09:00a Volleyball Tournament/R	10:00a Aqua Water Works/F		
09:00a Pilates Strgth Trng	09:30a Back Health/T	09:30a Thread Therapy-W	09:15a Cycle to the Beat/Th	10:00a Chinese Learn English		
09:00a Quilting Circle	09:30a Core Strength Adv/T&Th	09:30a Watercolor Class Wednesday	09:30a Back Health/Th	10:00a English Learning Grp		
09:30a Zentangle Drop In	09:30a Knitting & Crochet Grp	09:45a Italian Class	09:30a Core Strength Adv/T&Th	10:00a Financial Friday		
09:45a German Class	10:00a Aqua Fit/T&Th	10:00a Aqua Water Works/M&W	10:00a Aqua Fit/T&Th	10:00a Stretch & Balance		
10:00a Aqua Water Works/M&W	10:00a Aqua Healthy Jnts/T&Th	10:00a Heart Healthy Fitness	10:00a Aqua Healthy Jnts/T&Th	10:30a Tai Chi Beg/F		
10:00a Chinese Brush Painting - All Levels	10:00a Bridge Amer Strd Tue	10:00a Late Bloomers Gardening	10:00a Leisure Travel Luncheon	11:00a French Group		
10:00a Heart Healthy Fitness	10:00a Computer Club	10:00a Pick-A-Puzzle	10:30a Pottery - Independent Potters AM	11:30a Functionally Fit/F		
10:00a Meet the RH Mayor	10:00a Cycling Free Demo/T	10:00a Softball Blue Jays/Member	10:30a Strengthen Bones Adv/T&Th	11:30a Yoga Chair/F		
10:00a Softball Blue Jays/Member	10:00a Herb Gardening	10:00a Softball Blue Jays/Member	10:45a Step Aerobics/Th	11:45a Cycle to the Beat/F		
10:00a Softball Blue Jays/NonMember	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Blue Jays/NonMember	11:30a Tone Stretch Balance/T&Th	12:30p Bridge Amer Strd Fri		
10:00a Softball Orioles/Member	10:45a Step Aerobics/T	10:00a Softball Orioles/Member	11:45a Yoga Gentle Beginning/Th	12:30p Hand & Foot Mexican Train		
10:00a Softball Orioles/NonMember	11:30a Tone Stretch Balance/T&Th	10:00a Softball Orioles/Member	12:30p Bridge - Duplicate	12:30p Pinochle		
10:00a Softball Rams/Member	11:35a Yoga/T at 11:35 am	10:00a Softball Rams/Member	12:30p Metalsmithing Drop-In	01:00p Computer Apple iPhone Beg		
10:00a Softball Rams/NonMember	12:15p Strength Stretch Parkinsons	10:00a Softball Rams/Member	12:30p Pickleball Drills Skills 2/Th	01:00p Computer Digital Photography Group		
10:00a Softball Reds/Member	12:45p German Group	10:00a Softball Rams/NonMember	12:30p Pickleball Novice/Th	01:00p Open Studio Painting Drop-In		
10:00a Softball Reds/NonMember	01:00p B-ball Shoot Around	10:00a Softball Reds/Member	12:30p Wire Wrap Weaving - Int. Level Pendant	01:00p Pickleball Novice/MTF		
10:00a Softball Shamrocks/Member	01:00p Explore Art	10:00a Softball Reds/NonMember	01:00p Pickleball Machine Rental	01:00p Table Tennis/MWF		
10:00a Softball Shamrocks/NonMember	01:00p French Beginner Class	10:00a Softball Shamrocks/Member	01:00p Woodshop Drop-in Practice - spray painting	01:00p Tea in the Garden		
10:30a Pottery - Independent Potters AM	01:00p India Group	10:00a Softball Shamrocks/NonMember	01:10p Strengthen Bones Beg/T&Th	01:00p Thread Therapy-F		
10:30a Zumba/M	01:00p Painting - Color Basics	10:00a Softball Shamrocks/NonMember	01:15p Stretch & Strength/Th	01:15p Percussion Ensemble		
11:00a Ask Homecare Nurse	01:00p Pickleball Novice/MTF	10:00a Stroke Club		02:00p Aqua H2O Aerobics/F		
11:00a Pickleball All Levels/M	01:00p Woodshop - Bowl Turning on the Lathe			04:00p Pickleball All Lvl/M&F		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	11:00a Spanish Beginner 11:00a Spanish Intermediate 11:25a Core Strength Beg/M 11:25a Functionally Fit/M 12:00p Aqua Healthy Jnts Adv/M&W 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:45p Yoga Chair/M 01:00p Aqua Healthy Jnts/M&W 01:00p Creation Station 01:00p Line Dance Day 01:00p Maureen Esther Series/Galileo 01:00p Painting - Color Basics 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Woodshop - Bowl Turning on the Lathe 01:30p Pottery - Independent Potters PM 02:00p Aqua H2O Aerobics/M 02:00p Yoga Basic/M 04:00p Pickleball All Lvl/M&F 04:30p Pottery - Independent Potters E 05:00p Strengthen Bones Int/M&W 05:15p Essentrics Age Reversing/M 06:00p Badminton/M&Th 06:00p Movie Monday 06:15p Essentrics Toning 06:15p PersTraining Small Grp Adv/M	01:10p Strengthen Bones Beg/T&Th 01:15p Stretch & Strength/T 01:30p Aqua Core Strgth/T&Th 01:30p Guitar - Tuesday 02:00p Computer 1 on 1 2-3pm 02:00p Italian Group 02:30p Aqua H2O Aerobics/T 03:15p Ukulele 04:00p Pickleball Int-Adv/T&Th 05:00p Aqua Healthy Jnts Adv/T&Th 05:00p Knitting at Night 05:30p Mosaic Drop-In E 06:00p Pickleball Ladder Int-Adv/T 06:00p Step Aerobics/T PM 06:00p Yoga Slow Flow/T 07:00p Aqua Swim Team/T 07:00p PersTraining Small Grp Int/T 07:05p Zumba/T	10:30a Ballet Low Impact 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:25a Core Strength Beg/W 11:30a Pickleball Int-Adv/W 12:00p Aqua Healthy Jnts Adv/M&W 12:30p Core Strength Int 12:30p Dance For Parkinsons 12:30p Euchre Drop-In 12:30p Mah jong 1st Wednesday 12:30p Mah Jong Chinese 12:45p Yoga Chair/W 01:00p Aqua Healthy Jnts/M&W 01:00p Creation Station 01:00p French Intermediate Class 01:00p OPC Book Club 01:00p Open Gym PM/W 01:00p Painting - Color Basics 01:00p Pickleball Machine Rental 01:00p Pottery - Independent Potters Wed 01:00p Table Tennis/MWF 01:30p Jazzercise Lite 02:00p Aqua H2O Aerobics/W 02:00p Yoga Core Chair 02:45p Tai Chi Beg/W 03:00p Caregiver Support Group 04:00p Pickleball Novice /W	01:30p Aqua Core Strgth/T&Th 01:30p Pottery - Independent Potters PM 04:00p Pickleball Int-Adv/T&Th 04:30p Pottery - Independent Potters E 05:00p Aqua Healthy Jnts Adv/T&Th 05:30p Essentrics Age Reversing/Th 06:00p Badminton/M&Th 06:30p Fit and 50 Barre 07:00p Aqua Swim Team/Th 07:00p Spanish Beg PM	06:00p Pickleball All Lvl/F PM 07:00p Riverstrings	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	06:30p Aqua Zumba/M 06:30p Cycling Power Pedal		05:00p Lapidary Drop In PM 05:00p Strengthen Bones Int/M&W 05:30p Chess Instruction 05:45p Aqua Zumba/W 06:00p Chess 06:00p parkinsons support 06:30p Basketball 5 on 5/W 07:00p Line Dance PM 07:00p PersTraining Small Grp Beg/W			
11	12	13	14	15	16	17
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/M 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Rehearsal 08:00a Semi-Private Swim Lessons	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Leisure Travel - Stratford 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/W 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Mens Breakfast Social 08:00a Private Swim Lessons 08:00a Rehearsal-Club 650 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/W 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Rehearsal-Club 650 08:00a Semi-Private Swim Lessons	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Lapidary Drop-in 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/F 08:00a Aqua Interval/F 08:00a Aqua The Core 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Pickleball Ladder All Lvl/F 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons	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 Social/S 08:00a Aqua Boot Camp/S 08:00a Basketball 5 on 5/S 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 09:00a A Tour 09:00a Yoga Basic/S 09:30a Guitar - Saturday 10:00a Volleyball All Lvl/S 11:00a Euchre/Amer. Bridge Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	08:00a Weight Room Orientation	08:00a Woodshop	08:00a Weight Room Orientation	09:00a A Tour	08:00a Weight Room Orientation	
	08:00a Woodshop	08:30a Low Impact Aerobics	08:00a Woodshop	09:00a Aqua Making Waves/T&Th	08:00a Woodshop	
	09:00a A Tour	09:00a A Tour	09:00a A Tour	09:00a Computer Internet Cls	09:00a A Tour	
	09:00a Aqua Interval/M	09:00a Aqua Making Waves/T&Th	09:00a Ask the Dentist	09:00a Volleyball Tournament/R	09:00a AAA Caregivers 2	
	09:00a Muscles in Motion	09:00a Ask the Ortho Dr.	09:00a Computer Internet Cls	09:00a Cycle to the Beat/Th	09:00a Aqua Strgth & Cardio	
	09:00a Pickleball Int - Adv/M	09:00a Bike for Coffee	09:00a Muscles in Motion	09:30a Back Health/Th	09:00a Pickleball Int-Adv/M	
	09:00a Pickleball Int-Adv/M	09:00a Computer Internet Cls	09:00a Pilates Beginning	09:30a Core Strength Adv/T&Th	09:00a Pottery Wheel Friday Morning	
	09:00a Pilates Strgth Trng	09:00a Jewelry with Laurie - Crystal Sea Pearl Necklace	09:30a Patriotic Paper Stars	10:00a Aqua Fit/T&Th	09:30a Watercolor Class Friday	
	09:00a Quilting Circle	09:00a Volleyball Tournament/T	09:30a Pickleball Lessons Beg/W	10:00a Aqua Healthy Jnts/T&Th	10:00a Aqua Water Works/F	
	09:30a Zentangle Drop In	09:15a Cycle to the Beat/T	09:30a Spanish Group	10:30a Pottery - Independent Potters AM	10:00a Chinese Learn English	
	09:45a German Class	09:30a Back Health/T	09:30a Thread Therapy-W	10:30a Strengthen Bones Adv/T&Th	10:00a English Learning Grp	
	10:00a Aqua Water Works/M&W	09:30a Core Strength Adv/T&Th	09:30a Watercolor Class Wednesday	10:45a Step Aerobics/Th	10:30a Stretch & Balance	
	10:00a Explore Painting Workshop	09:30a Critt Hearing & Aid Clean	09:45a Italian Class	11:30a Tone Stretch Balance/T&Th	10:30a Grief Support	
	10:00a Heart Healthy Fitness	09:30a Knitting & Crochet Grp	10:00a Aqua Water Works/M&W	11:45a Yoga Gentle Beginning/Th	10:30a Tai Chi Beg/F	
	10:00a Softball Blue Jays/Member	10:00a Aqua Fit/T&Th	10:00a Heart Healthy Fitness	12:00p Club 650 Setup	11:00a French Group	
	10:00a Softball Blue Jays/NonMember	10:00a Aqua Healthy Jnts/T&Th	10:00a Late Bloomers Gardening	12:30p Bridge - Duplicate	11:30a Functionally Fit/F	
	10:00a Softball Orioles/Member	10:00a Bridge Amer Strd Tue	10:00a Softball Blue Jays/Member	12:30p Metalsmithing Drop-In	11:30a Yoga Chair/F	
	10:00a Softball Orioles/NonMember	10:00a Computer Club	10:00a Softball Blue Jays/NonMember	12:30p Pickleball Drills Skills 2/Th	11:45a Cycle to the Beat/F	
	10:00a Softball Rams/Member	10:00a Cycling Free Demo/T	10:00a Softball Orioles/NonMember	12:30p Pickleball Novice/Th	12:30p Bridge Amer Strd Fri	
	10:00a Softball Rams/NonMember	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Rams/Member	01:00p Computer MAC Enthusiasts	12:30p Hand & Foot Mexican Train	
	10:00a Softball Reds/Member	10:45a Step Aerobics/T	10:00a Softball Rams/NonMember	01:00p Pickleball Machine Rental	12:30p Pinochle	
	10:00a Softball Reds/NonMember	11:30a Tone Stretch Balance/T&Th	10:00a Softball Reds/Member	01:00p Wire Wrap Jewelry Fused Glass Drop-In	01:00p Computer Apple iPhone Adv	
	10:00a Softball Shamrocks/Member	11:35a Yoga/T at 11:35 am	10:00a Softball Reds/NonMember	01:10p Strengthen Bones Beg/T&Th	01:00p Computer Repair	
	10:00a Softball Shamrocks/NonMember	12:15p Strength Stretch Parkinsons	10:00a Softball Reds/NonMember	01:15p Stretch & Strength/Th	01:00p Open Studio Painting Drop-In	
	10:30a Pottery - Independent Potters AM	12:30p Independent Art Class	10:00a Softball Shamrocks/Member	01:30p Aqua Core Strgth/T&Th	01:00p Pickleball Novice/MTF	
	10:30a Zumba/M	12:45p German Group			01:00p Rehearsal-MSM	
		01:00p B-ball Shoot Around			01:00p Table Tennis/MWF	
					01:00p Thread Therapy-F	
					01:00p Zumba/F	
					01:15p Percussion Ensemble	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	11:00a Pickleball All Levels/M	01:00p Computer 1 on 1 1-2pm	10:00a Softball Shamrocks/NonMember	01:30p Pottery - Independent Potters PM	02:00p Aqua H2O Aerobics/F	
	11:00a Spanish Beginner	01:00p Explore Art	10:30a Ballet Low Impact	04:00p Meet Rochester Mayor	04:00p Pickleball All Lvl/M&F	
	11:00a Spanish Intermediate	01:00p French Beginner Class	10:30a Pickleball Mentor Games/W	04:00p Pickleball Int-Adv/T&Th	06:00p Pickleball All Lvl/F PM	
	11:25a Core Strength Beg/M	01:00p India Group	10:30a Pickleball Mentoring/W	04:30p Pottery - Independent Potters E		
	11:25a Functionally Fit/M	01:00p Pickleball Novice/MTF	11:00a Polish Group	05:00p Aqua Healthy Jnts Adv/T&Th		
	12:00p Aqua Healthy Jnts Adv/M&W	01:00p Woodshop - Paper Tray Project	11:25a Core Strength Beg/W	05:30p Essentrics Age Reversing/Th		
	12:30p Bridge Drop-in Mon.	01:10p Strengthen Bones Beg/T&Th	11:30a Pickleball Int-Adv/W	06:00p Badminton/M&Th		
	12:30p Circuit Training	01:15p Stretch & Strength/T	12:00p Aqua Healthy Jnts Adv/M&W	06:30p Fit and 50 Barre		
	12:30p Mah Jong American	01:30p Aqua Core Strgrth/T&Th	12:30p Core Strength Int	07:00p Aqua Swim Team/Th		
	12:45p Yoga Chair/M	01:30p Guitar - Tuesday	12:30p Dance For Parkinsons	07:00p Club 650		
	01:00p Aqua Healthy Jnts/M&W	02:00p Computer 1 on 1 2-3pm	12:30p Euchre Drop-In	07:00p Spanish Beg PM		
	01:00p Creation Station	02:00p Italian Group	12:30p Mah Jong Chinese			
	01:00p Line Dance Day	02:30p Aqua H2O Aerobics/T	12:45p Yoga Chair/W			
	01:00p Pickleball Novice/MTF	03:00p Terrific Tuesday Rooms Set-up	01:00p Aqua Healthy Jnts/M&W			
	01:00p Portrait Drawing	03:15p Ukulele	01:00p Fabulous Flip Flops			
	01:00p Table Tennis/MWF	03:30p Terrific Tuesday Studio Setup	01:00p French Intermediate Class			
	01:30p Pottery - Independent Potters PM	04:00p Pickleball Int-Adv/T&Th	01:00p Open Gym PM/W			
	02:00p Aqua H2O Aerobics/M	04:30p Terrific Tuesday Guest	01:00p Pickleball Machine Rental			
	02:00p Focus on the Issues	04:30p Terrific Tuesday Rusties	01:00p Pottery - Independent Potters Wed			
	02:00p Yoga Basic/M	05:00p Aqua Healthy Jnts Adv/T&Th	01:00p Table Tennis/MWF			
	04:00p Meet Oak Twp Supvr	05:00p Knitting at Night	01:00p Woodshop - Paper Tray Project			
	04:00p Pickleball All Lvl/M&F	05:30p Mosaic Drop-In E	01:30p Jazzercise Lite			
	04:30p Pottery - Independent Potters E	06:00p Pickleball Ladder Int-Adv/T	02:00p Aqua H2O Aerobics/W			
	05:00p Strengthen Bones Int/M&W	06:00p Pickleball Ladder Int-Adv/T	02:00p Yoga Core Chair			
	05:15p Essentrics Age Reversing/M	06:00p Step Aerobics/T PM	02:45p Tai Chi Beg/W			
	06:00p Badminton/M&Th		04:00p Pickleball Novice /W			
	06:15p Essentrics Toning		05:00p Lapidary Drop In PM			
	06:15p PersTraining Small Grp Adv/M		05:00p Strengthen Bones Int/M&W			
	06:30p Aqua Zumba/M					
	06:30p Cycling Power Pedal					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
		06:00p Yoga Slow Flow/T 07:00p Aqua Swim Team/T 07:00p PersTraining Small Grp Int/T 07:05p Zumba/T	05:30p Chess Instruction 05:45p Aqua Zumba/W 06:00p Chess 06:30p Basketball 5 on 5/W 07:00p Line Dance PM 07:00p PersTraining Small Grp Beg/W			
18	19	20	21	22	23	24
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/M 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Mens Breakfast 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a Aqua Making Waves/T&Th 09:00a Bike for Coffee 09:00a Computer Basic II	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Leisure Travel trip departure 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Strength Balance Adv/W 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Woodshop 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Lapidary Drop-in 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour 09:00a Aqua Making Waves/T&Th 09:00a Computer Basic II	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/F 08:00a Aqua Interval/F 08:00a Aqua The Core 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Pickleball Ladder All Lvl/F 08:00a Visually Impaired Support Group 2017 08:00a Weight Room Orientation	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 Social/S 08:00a Aqua Boot Camp/S 08:00a Basketball 5 on 5/S 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Yoga Basic/S 09:30a Guitar - Saturday 10:00a Volleyball All Lvl/S 11:00a Euchre/Amer. Bridge Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
09:00a Aqua Interval/M	09:00a Volleyball Tournament/T	09:00a Woodshop	09:00a Computer Ubuntu Drop-in	08:00a Woodshop	09:00a A Tour	
09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a A Tour	09:00a Regular Lunch	09:00a AAA Caregivers 2	09:00a Aqua Strgth & Cardio	
09:00a Pickleball Int - Adv/M	09:30a Ask the Doctor	09:00a Computer Basic II	09:00a Volleyball Tournament/R	09:00a Muscles in Motion	09:00a Pickleball Int-Adv/M	
09:00a Pickleball Int-Adv/M	09:30a Back Health/T	09:00a Critt PSA Testing	09:15a Cycle to the Beat/Th	09:00a Pottery Wheel Friday Morning	09:00a Pottery Wheel Friday Morning	
09:00a Pilates Strgth Trng	09:30a Core Strength Adv/T&Th	09:00a Muscles in Motion	09:30a Back Health/Th	09:30a Watercolor Class Friday	09:30a Watercolor Class Friday	
09:00a Quilting Circle	09:30a Knitting & Crochet Grp	09:00a Pilates Beginning	09:30a Core Strength Adv/T&Th	10:00a Aqua Healthy Jnts/T&Th	10:00a Aqua Water Works/F	
09:30a Zentangle Drop In	10:00a Aqua Fit/T&Th	09:30a Pickleball Lessons Beg/W	10:00a Aqua Fit/T&Th	10:00a Chinese Learn English	10:00a Chinese Learn English	
09:45a German Class	10:00a Aqua Healthy Jnts/T&Th	09:30a Spanish Group	10:00a Aqua Healthy Jnts/T&Th	10:00a English Learning Grp	10:00a English Learning Grp	
10:00a Aqua Water Works/M&W	10:00a Bridge Amer Strd Tue	09:30a Thread Therapy-W	10:30a Pottery - Independent Potters AM	10:00a Stretch & Balance	10:00a Stretch & Balance	
10:00a Heart Healthy Fitness	10:00a Computer Club	09:30a Watercolor Class Wednesday	10:30a Strengthen Bones Adv/T&Th	10:30a Tai Chi Beg/F	10:30a Tai Chi Beg/F	
10:00a Mounting Your Chinese Brush Paintings	10:00a Cycling Free Demo/T	09:45a Italian Class	10:45a Step Aerobics/Th	11:00a French Group	11:00a French Group	
10:00a Softball Blue Jays/Member	10:30a Strengthen Bones Adv/T&Th	10:00a Aqua Water Works/M&W	11:30a Tone Stretch Balance/T&Th	11:30a Functionally Fit/F	11:30a Functionally Fit/F	
10:00a Softball Blue Jays/NonMember	10:45a Step Aerobics/T	10:00a Heart Healthy Fitness	11:45a Yoga Gentle Beginning/Th	11:30a Yoga Chair/F	11:30a Yoga Chair/F	
10:00a Softball Orioles/Member	11:30a Tone Stretch Balance/T&Th	10:00a Late Bloomers Gardening	12:00p Henry Ford Big Band Set up	11:45a Cycle to the Beat/F	11:45a Cycle to the Beat/F	
10:00a Softball Orioles/NonMember	11:35a Yoga/T at 11:35 am	10:00a Softball Blue Jays/Member	12:30p Bridge - Duplicate	12:30p Bridge Amer Strd Fri	12:30p Bridge Amer Strd Fri	
10:00a Softball Rams/Member	12:15p Strength Stretch Parkinsons	10:00a Softball Blue Jays/NonMember	12:30p Pickleball Drills Skills 2/Th	12:30p Hand & Foot Mexican Train	12:30p Hand & Foot Mexican Train	
10:00a Softball Rams/NonMember	12:30p Independent Art Class	10:00a Softball Orioles/Member	12:30p Pickleball Novice/Th	12:30p Pinochle	12:30p Pinochle	
10:00a Softball Reds/Member	12:45p German Group	10:00a Softball Orioles/NonMember	01:00p Container Gardening Class	01:00p Computer Apple iPad Beg	01:00p Computer Apple iPad Beg	
10:00a Softball Reds/NonMember	01:00p B-ball Shoot Around	10:00a Softball Rams/Member	01:00p Fireside Poetry	01:00p Movie Matinee	01:00p Movie Matinee	
10:00a Softball Shamrocks/Member	01:00p Computer 1 on 1 1-2pm	10:00a Softball Rams/NonMember	01:00p Pickleball Machine Rental	01:00p Painting With A Twist--Springtime Full Moon	01:00p Painting With A Twist--Springtime Full Moon	
10:00a Softball Shamrocks/NonMember	01:00p Explore Art	10:00a Softball Reds/Member	01:00p Womens Luncheon Series	01:00p Pickleball Novice/MTF	01:00p Pickleball Novice/MTF	
10:30a Pottery - Independent Potters AM	01:00p French Beginner Class	10:00a Softball Reds/NonMember	01:10p Strengthen Bones Beg/T&Th	01:00p Table Tennis/MWF	01:00p Table Tennis/MWF	
10:30a Zumba/M	01:00p India Group	10:00a Softball Shamrocks/Member	01:15p Stretch & Strength/Th	01:00p Zumba/F	01:00p Zumba/F	
11:00a Pickleball All Levels/M	01:00p Pickleball Novice/MTF	10:00a Softball Shamrocks/NonMember	01:30p Aqua Core Strgth/T&Th	01:15p Percussion Ensemble	01:15p Percussion Ensemble	
11:00a Spanish Beginner	01:00p Upcycled Necklace	10:00a Softball Stroke Club		02:00p Aqua H2O Aerobics/F	02:00p Aqua H2O Aerobics/F	
11:00a Spanish Intermediate	01:00p Woodshop Drop-in Practice - Oscillating saw demo	10:30a Ballet Low Impact		04:00p Pickleball All Lvl/M&F	04:00p Pickleball All Lvl/M&F	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	11:25a Core Strength Beg/M 11:25a Functionally Fit/M 12:00p Aqua Healthy Jnts Adv/M&W 12:30p Bridge Drop-in Mon. 12:30p Circuit Training 12:30p Mah Jong American 12:45p Yoga Chair/M 01:00p Aqua Healthy Jnts/M&W 01:00p Creation Station 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Portrait Drawing 01:00p Table Tennis/MWF 01:30p Pottery - Independent Potters PM 02:00p Aqua H2O Aerobics/M 02:00p Yoga Basic/M 04:00p Dinner & Movie Summer Sizzle Room Set-up 04:00p Pickleball All Lvl/M&F 04:30p Pottery - Independent Potters E 05:00p Dinner and a Movie - Summer Sizzle 05:00p Strengthen Bones Int/M&W 05:15p Essentrics Age Reversing/M 06:00p Badminton/M&Th 06:15p Essentrics Toning 06:15p PersTraining Small Grp Adv/M 06:30p Aqua Zumba/M 06:30p Cycling Power Pedal	01:10p Strengthen Bones Beg/T&Th 01:15p Stretch & Strength/T 01:30p Aqua Core Strgth/T&Th 01:30p Guitar - Tuesday 02:00p Computer 1 on 1 2-3pm 02:00p Italian Group 02:30p Aqua H2O Aerobics/T 03:15p Ukulele 04:00p Pickleball Int-Adv/T&Th 05:00p Aqua Healthy Jnts Adv/T&Th 05:00p Knitting at Night 05:30p Mosaic Drop-In E 06:00p Pickleball Ladder Int-Adv/T 06:00p Step Aerobics/T PM 06:00p Yoga Slow Flow/T 07:00p Aqua Swim Team/T 07:00p PersTraining Small Grp Int/T 07:00p Poetry Group E 07:05p Zumba/T	10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:00a Polish Group 11:25a Core Strength Beg/W 11:30a Pickleball Int-Adv/W 12:00p Aqua Healthy Jnts Adv/M&W 12:30p Core Strength Int 12:30p Dance For Parkinsons 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Yoga Chair/W 01:00p Aqua Healthy Jnts/M&W 01:00p Creation Station 01:00p French Intermediate Class 01:00p Open Gym PM/W 01:00p Pickleball Machine Rental 01:00p Pottery - Independent Potters Wed 01:00p Table Tennis/MWF 01:30p Jazzercise Lite 02:00p Aqua H2O Aerobics/W 02:00p Yoga Core Chair 02:45p Tai Chi Beg/W 04:00p Pickleball Novice /W 05:00p Lapidary Drop In PM 05:00p Strengthen Bones Int/M&W 05:30p Chess Instruction 05:45p Aqua Zumba/W 06:00p Chess 06:30p Basketball 5 on 5/W 07:00p Line Dance PM	01:30p Pottery - Independent Potters PM 04:00p Pickleball Int-Adv/T&Th 04:30p Pottery - Independent Potters E 05:00p Aqua Healthy Jnts Adv/T&Th 05:30p Essentrics Age Reversing/Th 06:00p Badminton/M&Th 06:30p Fit and 50 Barre 07:00p Aqua Swim Team/Th 07:00p Spanish Beg PM 07:30p Henry Ford Big Band		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
			07:00p PersTraining Small Grp Beg/W 07:00p Rewired Not Retired Drop-In			
25	26	27	28	29	30	
	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/M 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Interval/M 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Mens Breakfast Social 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour 09:00a Aqua Making Waves/T&Th 09:00a Ask the Ortho Dr. 09:00a Bike for Coffee 09:00a Volleyball Tournament/T	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/W 08:00a Aqua Core Strgth/M&W 08:00a Aqua The Deep/M&W 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:00a Weight Room Orientation 09:00a A Tour 09:00a Muscles in Motion 09:00a Pilates Beginning 09:30a Ask the Doctor	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aqua Core Strgth Adv/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Lapidary Drop-in 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 08:30a Low Impact Aerobics 09:00a A Tour 09:00a Aqua Making Waves/T&Th 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Personal Training 06:30a Walking Track 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Strength Balance Adv/F 08:00a Aqua Interval/F 08:00a Aqua The Core 08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit 08:00a Fitness in Motion 08:00a Pickleball Ladder All Lvl/F 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a AAA Caregivers 2 09:00a Aqua Strgth & Cardio 09:00a Muscles in Motion	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	
	09:00a Pickleball Int-Adv/M	09:15a Cycle to the Beat/T	09:30a Pickleball Lessons Beg/W	09:30a Core Strength Adv/T&Th	09:00a Pickleball Int-Adv/M	
	09:00a Pilates Strgth Trng	09:30a Back Health/T			09:00a Pottery Wheel Friday Morning	
	09:00a Quilting Circle	09:30a Core Strength Adv/T&Th	09:30a Spanish Group	10:00a Aqua Fit/T&Th	09:30a Watercolor Class Friday	
	09:30a Zentangle Drop In	09:30a Knitting & Crochet Grp	09:30a Thread Therapy-W	10:00a Aqua Healthy Jnts/T&Th	10:00a Aqua Water Works/F	
	09:45a German Class	10:00a Aqua Fit/T&Th	09:30a Watercolor Class Wednesday	10:00a Leisure Travel Tigers Trip Departure	10:00a Chinese Learn English	
	10:00a Aqua Water Works/M&W	10:00a Aqua Healthy Jnts/T&Th	09:45a Italian Class	10:30a Pottery - Independent Potters AM	10:00a English Learning Grp	
	10:00a Heart Healthy Fitness	10:00a Bridge Amer Strd Tue	10:00a Aqua Water Works/M&W	10:30a Strengthen Bones Adv/T&Th	10:00a Stretch & Balance	
	10:00a Softball Blue Jays/Member	10:00a Computer Club	10:00a Late Bloomers Gardening	10:45a Step Aerobics/Th	10:30a Computer Apple iPad Adv	
	10:00a Softball Blue Jays/NonMember	10:00a Cycling Free Demo/T	10:00a Heart Healthy Fitness	11:30a Tone Stretch Balance/T&Th	10:30a Tai Chi Beg/F	
	10:00a Softball Orioles/Member	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Blue Jays/Member	11:45a Yoga Gentle Beginning/Th	11:00a French Group	
	10:00a Softball Orioles/NonMember	10:45a Step Aerobics/T	10:00a Softball Blue Jays/NonMember	12:00p Rehearsal-MSM	11:30a Functionally Fit/F	
	10:00a Softball Rams/Member	11:30a Tone Stretch Balance/T&Th	10:00a Softball Orioles/Member	12:30p Bridge - Duplicate	11:30a Yoga Chair/F	
	10:00a Softball Rams/NonMember	11:35a Yoga/T at 11:35 am	10:00a Softball Orioles/NonMember	12:30p Metalsmithing Drop-In	11:45a Cycle to the Beat/F	
	10:00a Softball Reds/Member	12:15p Strength Stretch Parkinsons	10:00a Softball Rams/Member	12:30p Pickleball Drills Skills 2/Th	12:30p Bridge Amer Strd Fri	
	10:00a Softball Reds/NonMember	12:45p German Group	10:00a Softball Rams/NonMember	12:30p Pickleball Novice/Th	12:30p Hand & Foot Mexican Train	
	10:00a Softball Shamrocks/Member	01:00p B-ball Shoot Around	10:00a Softball Reds/Member	01:00p Pickleball Machine Rental	12:30p Pinochle	
	10:00a Softball Shamrocks/NonMember	01:00p Caregivers 411	10:00a Softball Reds/NonMember	01:10p Strengthen Bones Beg/T&Th	01:00p Open Studio Painting Drop-In	
	10:30a Pottery - Independent Potters AM	01:00p Computer 1 on 1 1-2pm	10:00a Softball Shamrocks/Member	01:15p Stretch & Strength/Th	01:00p Pickleball Novice/MTF	
	10:30a Zumba/M	01:00p Explore Art	10:00a Softball Shamrocks/NonMember	01:30p Aqua Core Strgth/T&Th	01:00p Table Tennis/MWF	
	11:00a Pickleball All Levels/M	01:00p French Beginner Class	10:00a Softball Shamrocks/NonMember	01:30p Pottery - Independent Potters PM	01:00p Thread Therapy-F	
	11:00a Spanish Beginner	01:00p India Group	10:30a Pickleball Mentor Games/W	04:00p Pickleball Int-Adv/T&Th	01:15p Percussion Ensemble	
	11:00a Spanish Intermediate	01:00p Pickleball Novice/MTF	10:00a Softball Shamrocks/NonMember	04:30p Pottery - Independent Potters E	02:00p Aqua H2O Aerobics/F	
	11:25a Core Strength Beg/M	01:00p Woodshop - Corn Hole Game Set	10:30a Pickleball Mentor Games/W	05:00p Aqua Healthy Jnts Adv/T&Th	04:00p Pickleball All Lvl/M&F	
	11:25a Functionally Fit/M	01:10p Strengthen Bones Beg/T&Th	10:30a Pickleball Mentoring/W	06:00p Badminton/M&Th	06:00p Pickleball All Lvl/F	
	12:00p Aqua Healthy Jnts Adv/M&W	01:15p Stretch & Strength/T	11:00a Polish Group	07:00p Aqua Swim Team/Th	PM	
	12:30p Bridge Drop-in Mon.	01:30p Aqua Core Strgth/T&Th	11:25a Core Strength Beg/W			
		01:30p Guitar - Tuesday	11:30a Pickleball Int-Adv/W			
			12:00p Aqua Healthy Jnts Adv/M&W			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	
	12:30p Circuit Training 12:30p Mah Jong American 12:45p Vintage Views Writers Poets Proofreaders 12:45p Yoga Chair/M 01:00p Aqua Healthy Jnts/M&W 01:00p Creation Station 01:00p Line Dance Day 01:00p Pickleball Novice/MTF 01:00p Portrait Drawing 01:00p Table Tennis/MWF 01:30p Pottery - Independent Potters PM 02:00p Aqua H2O Aerobics/M 02:00p Focus on the Issues 02:00p Yoga Basic/M 04:00p Pickleball All Lvl/M&F 04:30p Pottery - Independent Potters E 05:00p Strengthen Bones Int/M&W 06:00p Badminton/M&Th 06:15p PersTraining Small Grp Adv/M 06:30p Aqua Zumba/M 06:30p Cycling Power Pedal	02:00p Computer 1 on 1 2- 3pm 02:00p Italian Group 02:30p Aqua H2O Aerobics/T 03:15p Ukulele 04:00p Pickleball Int- Adv/T&Th 05:00p Aqua Healthy Jnts Adv/T&Th 05:00p Knitting at Night 05:30p Mosaic Drop-In E 06:00p Pickleball Ladder Int- Adv/T 06:00p Step Aerobics/T PM 06:00p Yoga Slow Flow/T 07:00p Aqua Swim Team/T 07:00p PersTraining Small Grp Int/T 07:05p Zumba/T	12:00p Learn More Now 12:30p Core Strength Int 12:30p Dance For Parkinsons 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Yoga Chair/W 01:00p Aqua Healthy Jnts/M&W 01:00p Cant Reach Toes 01:00p French Intermediate Class 01:00p Open Gym PM/W 01:00p Pickleball Machine Rental 01:00p Pottery - Independent Potters Wed 01:00p Table Tennis/MWF 01:00p Table Top Zen Garden 01:00p Woodshop - Corn Hole Game Set 01:30p Jazzercise Lite 02:00p Aqua H2O Aerobics/W 02:00p Yoga Core Chair 02:45p Tai Chi Beg/W 04:00p Pickleball Novice /W 05:00p Lapidary Drop In PM 05:00p Strengthen Bones Int/M&W 05:30p Chess Instruction 05:45p Aqua Zumba/W 06:00p Chess 06:30p Basketball 5 on 5/W 06:30p Computer Android Phone and Tablet 6-8 PM 07:00p Line Dance PM 07:00p PersTraining Small Grp Beg/W	07:00p Spanish Beg PM		