

Older Persons' Commission

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						06:30a Walking Track 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 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 10:15a Cycling Energy Ride 11:00a Euchre/Amer. Bridge Saturday
2	3	4	5	6	7	8
	<b>BUILDING CLOSED</b>	<b>BUILDING CLOSED</b>	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	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	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	06:30a Walking Track 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3		5	6	7	8
			07:00a Strength Balance Adv/W	07:00a Critt Fit Challenge Rpt	07:00a Strength Balance Adv/F	08:00a Private Swim Lessons
			08:00a Aqua Core Strgth/M&W	08:00a Ask the Nurse	08:00a Aqua Interval/F	08:00a Semi-Private Swim Lessons
			08:00a Aqua The Deep/M&W	08:00a Crittenton PT	08:00a Aqua The Core	08:00a Weight Room Orientation
			08:00a Ask the Nurse	08:00a Crittenton Wellness Center Visit	08:00a Ask the Nurse	08:00a Woodshop
			08:00a Crittenton PT	08:00a Lapidary Drop-in	08:00a Crittenton Wellness Center Visit	09:00a A Tour
			08:00a Crittenton Wellness Center Visit	08:00a Private Swim Lessons	08:00a Fitness in Motion	09:00a Yoga Basic/S
			08:00a Fitness in Motion	08:00a Rehearsal	08:00a Pickleball Ladder All Lvl/F	09:30a Guitar - Saturday
			08:00a Private Swim Lessons	08:00a Semi-Private Swim Lessons	08:00a Private Swim Lessons	10:00a Volleyball All Lvl/S
			08:00a Rehearsal	08:00a Weight Room Orientation	08:00a Semi-Private Swim Lessons	10:15a Cycling Energy Ride
			08:00a Semi-Private Swim Lessons	08:00a Woodshop	08:00a Weight Room Orientation	11:00a Euchre/Amer. Bridge Saturday
			08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Woodshop	
			08:00a Woodshop	09:00a A Tour	09:00a A Tour	
			09:00a A Tour	09:00a Aqua Making Waves/T&Th	09:00a AAA Caregivers 2	
			09:00a Muscles in Motion	09:00a Computer Ubuntu Drop-in	09:00a Aqua Strgth & Cardio	
			09:00a Pilates Beginning	09:00a Volleyball Tournament/R	09:00a Critt Bone Density Scrng	
			09:30a Pickleball Lessons Beg/W	09:15a Cycle to the Beat/Th	09:00a Muscles in Motion	
			09:30a Spanish Group	09:30a Ask the Doctor	09:00a Pickleball Int-Adv/M	
			09:30a Thread Therapy-W	09:30a Back Health/Th	09:30a Watercolor Class Friday	
			09:30a Watercolor Class Wednesday	09:30a Core Strength Adv/T&Th	10:00a Aqua Water Works/F	
			10:00a Aqua Water Works/M&W	10:00a Aqua Fit/T&Th	10:00a Chinese Learn English	
			10:00a Heart Healthy Fitness	10:00a Aqua Healthy Jnts/T&Th	10:00a English Learning Grp	
			10:00a Late Bloomers Gardening	10:00a Thursday Morning Euchre	10:00a Stretch & Balance	
			10:00a Pick-A-Puzzle	10:30a Pottery - Independent Potters AM	10:30a Grief Support	
			10:00a Softball Blue Jays/Member	10:30a Strengthen Bones Adv/T&Th	10:30a Tai Chi Beg/F	
			10:00a Softball Blue Jays/NonMember	10:45a Step Aerobics/Th	11:00a French Group	
			10:00a Softball Orioles/Member	11:30a Tone Stretch Balance/T&Th	11:30a Functionally Fit/F	
					11:30a Yoga Chair/F	
					11:45a Cycle to the Beat/F	
					12:30p Bridge Amer Stdr Fri	
					12:30p Hand & Foot Mexican Train	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
			10:00a Softball Orioles/NonMember  10:00a Softball Rams/Member  10:00a Softball Rams/NonMember  10:00a Softball Reds/Member  10:00a Softball Reds/NonMember  10:00a Softball Shamrocks/Member  10:00a Softball Shamrocks/NonMember  10:00a Stroke Club  10:30a Ballet Low Impact  10:30a Pickleball Mentor Games/W  10:30a Pickleball Mentoring/W  11:00a French Intermediate Class  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 OPC Book Club  01:00p Open Gym PM/W	11:45a Yoga Gentle Beginning/Th  12:30p Bridge - Duplicate  12:30p Metalsmithing Drop- In  12:30p Pickleball Drills Skills 2/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  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  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	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  04:00p Rehearsal-MSM  06:00p Pickleball All Lvl/F PM	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> 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 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 parkinsons support 07:00p Line Dance PM 07:00p PersTraining Small Grp Beg/W	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> 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	<b>11</b> 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	<b>12</b> 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	<b>13</b> 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 Blood Drive 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	<b>14</b> 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/F	<b>15</b> 06:30a Walking Track 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	08:00a Aqua Core Strgth/M&W	08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit	08:00a Aqua Core Strgth/M&W	08:00a Ask the Nurse 08:00a Crittenton PT	08:00a Aqua Interval/F 08:00a Aqua The Core	08:00a Weight Room Orientation
	08:00a Aqua The Deep/M&W	08:00a Mens Breakfast Social	08:00a Aqua The Deep/M&W	08:00a Crittenton Wellness Center Visit	08:00a Ask the Nurse 08:00a Crittenton Wellness Center Visit	08:00a Woodshop
	08:00a Ask the Nurse	08:00a Private Swim Lessons	08:00a Ask the Nurse	08:00a Lapidary Drop-in	08:00a Fitness in Motion	09:00a A Tour
	08:00a Crittenton PT	08:00a Semi-Private Swim Lessons	08:00a Crittenton PT	08:00a Private Swim Lessons	08:00a Pickleball Ladder All Lvl/F	09:30a Guitar - Saturday
	08:00a Crittenton Wellness Center Visit	08:00a Weight Room Orientation	08:00a Crittenton Wellness Center Visit	08:00a Semi-Private Swim Lessons	08:00a Private Swim Lessons	10:00a Volleyball All Lvl/S
	08:00a Fitness in Motion	08:00a Woodshop	08:00a Fitness in Motion	08:00a Woodshop	08:00a Rehearsal-MSM	10:15a Cycling Energy Ride
	08:00a Private Swim Lessons	08:30a Low Impact Aerobics	08:00a Private Swim Lessons	08:00a Weight Room Orientation	08:00a Semi-Private Swim Lessons	11:00a Euchre/Amer. Bridge Saturday
	08:00a Semi-Private Swim Lessons	09:00a A Tour	08:00a Semi-Private Swim Lessons	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	
	08:00a Weight Room Orientation	09:00a Aqua Making Waves/T&Th	08:00a Weight Room Orientation	09:00a A Tour	08:00a Woodshop	
	08:00a Woodshop	09:00a Ask the Ortho Dr.	08:00a Woodshop	09:00a Aqua Making Waves/T&Th	09:00a A Tour	
	09:00a A Tour	09:00a Bike for Coffee	09:00a A Tour	09:00a Volleyball Tournament/R	09:00a Aqua Strgth & Cardio	
	09:00a Aqua Interval/M	09:00a Volleyball Tournament/T	09:00a Ask the Dentist	09:15a Cycle to the Beat/Th	09:00a Muscles in Motion	
	09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a Critt PSA Testing	09:30a Ask the Doctor	09:00a Pickleball Int-Adv/M	
	09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Muscles in Motion	09:30a Back Health/Th	10:00a Aqua Water Works/F	
	09:00a Pickleball Int-Adv/M	09:30a Core Strength Adv/T&Th	09:00a Pilates Beginning	09:30a Core Strength Adv/T&Th	10:00a Chinese Learn English	
	09:00a Pilates Strgth Trng	09:30a Critt Hearing & Aid Clean	09:30a Pickleball Lessons Beg/W	10:00a Aqua Fit/T&Th	10:00a English Learning Grp	
	09:00a Quilting Circle	09:30a Knitting & Crochet Grp	09:30a Spanish Group	10:00a Aqua Healthy Jnts/T&Th	10:00a Financial Friday	
	09:30a Zentangle Drop In	10:00a Aqua Fit/T&Th	09:30a Thread Therapy-W	10:00a Thursday Morning Euchre	10:00a Stretch & Balance	
	09:45a German Class	10:00a Aqua Healthy Jnts/T&Th	10:00a Aqua Water Works/M&W	10:30a Pottery - Independent Potters AM	10:30a Tai Chi Beg/F	
	10:00a Aqua Water Works/M&W	10:00a Bridge Amer Strd Tue	10:00a Heart Healthy Fitness	10:30a Strengthen Bones Adv/T&Th	11:00a French Group	
	10:00a Heart Healthy Fitness	10:00a Computer Club	10:00a Late Bloomers Gardening	10:45a Step Aerobics/Th	11:30a Functionally Fit/F	
	10:00a Softball Blue Jays/Member	10:00a Cycling Free Demo/T	10:00a Softball Blue Jays/Member	11:30a Tone Stretch Balance/T&Th	11:30a Yoga Chair/F	
	10:00a Softball Blue Jays/NonMember	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Blue Jays/NonMember	11:45a Yoga Gentle Beginning/Th	11:45a Cycle to the Beat/F	
	10:00a Softball Orioles/Member	10:45a Step Aerobics/T	10:00a Softball Orioles/Member	12:30p Bridge - Duplicate In	12:30p Bridge Amer Strd Fri	
	10:00a Softball Orioles/NonMember	11:30a Tone Stretch Balance/T&Th	10:00a Softball Orioles/NonMember	12:30p Metalsmithing Drop-In	12:30p Hand & Foot Mexican Train	
	10:00a Softball Rams/Member		10:00a Softball Rams/Member		12:30p Pinochle	
	10:00a Softball Rams/NonMember				01:00p Computer Digital Photography Group	
					01:00p Open Studio Painting Drop-In	
					01:00p Pickleball Novice/MTF	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	10:00a Softball Reds/Member	11:35a Yoga/T at 11:35 am	10:00a Softball Rams/NonMember	12:30p Pickleball Novice/Th	01:00p Table Tennis/MWF	
	10:00a Softball Reds/NonMember	12:15p Strength Stretch Parkinsons	10:00a Softball Reds/Member	12:30p Wire Wrap Bracelet - All Levels	01:00p Thread Therapy-F	
	10:00a Softball Shamrocks/Member	12:30p Independent Art Drop In	10:00a Softball Reds/NonMember	01:00p Pickleball Machine Rental	01:00p Zumba/F	
	10:00a Softball Shamrocks/NonMember	12:45p German Group	10:00a Softball Shamrocks/Member	01:10p Strengthen Bones Beg/T&Th	01:15p Percussion Ensemble	
	10:30a Pottery - Independent Potters AM	01:00p B-ball Shoot Around	10:00a Softball Shamrocks/NonMember	01:15p Stretch & Strength/Th	02:00p Aqua H2O Aerobics/F	
	10:30a Zumba/M	01:00p Crystal Charm & Necklace	10:30a Ballet Low Impact	01:30p Aqua Core Strgth/T&Th	04:00p Pickleball All Lvl/M&F	
	11:00a Pickleball All Levels/M	01:00p Explore Art	10:30a Pickleball Mentor Games/W	01:30p Pottery - Independent Potters PM	06:00p Pickleball All Lvl/F PM	
	11:00a Spanish Beginner	01:00p French Beginner Class	10:30a Pickleball Mentoring/W	04:00p Pickleball Int- Adv/T&Th		
	11:00a Spanish Intermediate	01:00p India Group	11:00a French Intermediate Class	04:30p Pottery - Independent Potters E		
	11:25a Core Strength Beg/M	01:00p Pickleball Novice/MTF	11:00a Polish Group	05:00p Aqua Healthy Jnts Adv/T&Th		
	11:25a Functionally Fit/M	01:10p Strengthen Bones Beg/T&Th	11:25a Core Strength Beg/W	05:30p Essentrics Age Reversing/Th		
	12:00p Aqua Healthy Jnts Adv/M&W	01:15p Stretch & Strength/T	11:30a Pickleball Int-Adv/W	06:00p Badminton/M&Th		
	12:30p Bridge Drop-in Mon.	01:30p Aqua Core Strgth/T&Th	12:00p Aqua Healthy Jnts Adv/M&W	06:30p Fit and 50 Barre		
	12:30p Circuit Training	01:30p Guitar - Tuesday	12:30p Core Strength Int	07:00p Aqua Swim Team/Th		
	12:30p Mah Jong American	02:00p Italian Group	12:30p Dance For Parkinsons	07:00p Spanish Beg PM		
	12:45p Yoga Chair/M	02:30p Aqua H2O Aerobics/T	12:30p Euchre Drop-In			
	01:00p Aqua Healthy Jnts/M&W	03:00p Terrific Tuesday Rooms Set-up	12:30p Mah Jong Chinese			
	01:00p Creation Station	03:15p Ukulele	12:45p Yoga Chair/W			
	01:00p Line Dance Day	03:30p Terrific Tuesday Studio Setup	01:00p Aqua Healthy Jnts/M&W			
	01:00p Pickleball Novice/MTF	04:00p Pickleball Int- Adv/T&Th	01:00p Open Gym PM/W			
	01:00p Table Tennis/MWF	04:30p Terrific Tuesday	01:00p Pickleball Machine Rental			
	01:30p Pottery - Independent Potters PM	04:30p Terrific Tuesday Guest	01:00p Pottery - Independent Potters Wed			
	02:00p Aqua H2O Aerobics/M	04:30p Terrific Tuesday Rusties	01:00p Table Tennis/MWF			
	02:00p Focus on the Issues	05:00p Aqua Healthy Jnts Adv/T&Th	01:00p Three In One Necklace			
	02:00p Yoga Basic/M	05:00p Knitting at Night	01:30p Jazzercise Lite			
	04:00p Pickleball All Lvl/M&F	05:30p Mosaic Drop-In E	02:00p Aqua H2O Aerobics/W			
	04:30p Pottery - Independent Potters E					
	05:00p Strengthen Bones Int/M&W					

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9	10	11	12	13	14	15
	05:15p Essentrics Age Reversing/M 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:15p Essentrics Toning 06:15p PersTraining Small Grp Adv/M 06:30p Aqua Zumba/M 06:30p Cycling Power Pedal	06:00p Pickleball Ladder Int-Adv/T 06:00p Pickleball Ladder/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	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 07:00p PersTraining Small Grp Beg/W			
16	17	18	19	20	21	22
	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	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 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/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 Leisure Travel Masonic Temple Departure	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	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/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 Private Swim Lessons 08:00a Rehearsal-MSM 08:00a Semi-Private Swim Lessons	06:30a Walking Track 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 10:15a Cycling Energy Ride 11:00a Euchre/Amer. Bridge Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	08:00a Semi-Private Swim Lessons	09:00a A Tour	08:00a Masonic Temple trip departure	08:00a Woodshop	08:00a Weight Room Orientation	
	08:00a Weight Room Orientation	09:00a Aqua Making Waves/T&Th	08:00a Private Swim Lessons	08:30a Low Impact Aerobics	08:00a Woodshop	
	08:00a Woodshop	09:00a Bike for Coffee	08:00a Semi-Private Swim Lessons	09:00a A Tour	09:00a A Tour	
	09:00a A Tour	09:00a Jewelry With Laurie - Tree of Life Pendant	08:00a Weight Room Orientation	09:00a Aqua Making Waves/T&Th	09:00a Aqua Strgth & Cardio	
	09:00a Aqua Interval/M	09:00a Volleyball Tournament/T	08:00a Woodshop	09:00a Beaded Jewelry With Laurie Drop-In	09:00a Muscles in Motion	
	09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a A Tour	09:00a Computer Ubuntu Drop-in	09:00a Pickleball Int-Adv/M	
	09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Muscles in Motion	09:00a Volleyball Tournament/R	10:00a Aqua Water Works/F	
	09:00a Pickleball Int-Adv/M	09:30a Core Strength Adv/T&Th	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	10:00a Chinese Learn English	
	09:00a Pilates Strgth Trng	09:30a Knitting & Crochet Grp	09:30a Pickleball Lessons Beg/W	09:30a Ask the Doctor	10:00a English Learning Grp	
	09:00a Quilting Circle	10:00a Aqua Fit/T&Th	09:30a Spanish Group	09:30a Back Health/Th	10:30a Grief Support	
	09:30a Zentangle Drop In	10:00a Aqua Healthy Jnts/T&Th	09:30a Thread Therapy-W	09:30a Core Strength Adv/T&Th	10:30a Tai Chi Beg/F	
	09:45a German Class	10:00a Bridge Amer Strd Tue	10:00a Aqua Water Works/M&W	10:00a Aqua Fit/T&Th	11:00a French Group	
	10:00a Aqua Water Works/M&W	10:00a Computer Club	10:00a Heart Healthy Fitness	10:00a Aqua Healthy Jnts/T&Th	11:00a Pickleball AllLv/F	
	10:00a Heart Healthy Fitness	10:00a Cycling Free Demo/T	10:00a Late Bloomers Gardening	10:00a Thursday Morning Euchre	11:30a Functionally Fit/F	
	10:00a Softball Blue Jays/Member	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Blue Jays/Member	10:30a Pottery - Independent Potters AM	11:30a Yoga Chair/F	
	10:00a Softball Blue Jays/NonMember	10:45a Step Aerobics/T	10:00a Softball Blue Jays/NonMember	10:30a Strengthen Bones Adv/T&Th	11:45a Cycle to the Beat/F	
	10:00a Softball Orioles/Member	11:30a Tone Stretch Balance/T&Th	10:00a Softball Orioles/Member	10:45a Step Aerobics/Th	12:30p Bridge Amer Strd Fri Train	
	10:00a Softball Orioles/NonMember	11:35a Yoga/T at 11:35 am	10:00a Softball Orioles/NonMember	11:30a Tone Stretch Balance/T&Th	12:30p Hand & Foot Mexican	
	10:00a Softball Rams/Member	12:15p Strength Stretch Parkinsons	10:00a Softball Rams/Member	11:45a Yoga Gentle Beginning/Th	12:30p Pinochle	
	10:00a Softball Rams/NonMember	12:30p Independent Art Drop In	10:00a Softball Rams/NonMember	12:30p Bridge - Duplicate	01:00p Movie Matinee	
	10:00a Softball Reds/Member	12:45p German Group	10:00a Softball Reds/Member	12:30p Metalsmithing Drop-In	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 Pickleball Novice/Th	01:00p Pickleball Novice/MTF	
	10:00a Softball Shamrocks/Member	01:00p Explore Art	10:00a Softball Reds/NonMember	01:00p Computer MAC Enthusiasts	01:00p Table Tennis/MWF	
	10:00a Softball Shamrocks/NonMember	01:00p French Beginner Class	10:00a Softball Shamrocks/Member	01:00p Pickleball Machine Rental	01:00p Thread Therapy-F	
	10:30a Pottery - Independent Potters AM	01:00p India Group	10:00a Softball Shamrocks/NonMember	01:00p Wire Wrap Jewelry Fused Glass Drop-In	01:00p Zumba/F	
	10:30a Zumba/M	01:00p Pickleball Novice/MTF			01:15p Percussion Ensemble	
		01:10p Strengthen Bones Beg/T&Th			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
16	17	18	19	20	21	22
	11:00a Pickleball All Levels/M	01:15p Stretch & Strength/T	10:00a Stroke Club	01:10p Strengthen Bones Beg/T&Th		
	11:00a Spanish Beginner	01:30p Aqua Core Strgrth/T&Th	10:30a Ballet Low Impact	01:15p Stretch & Strength/Th		
	11:00a Spanish Intermediate	01:30p Guitar - Tuesday	10:30a Pickleball Mentor Games/W	01:30p Aqua Core Strgrth/T&Th		
	11:25a Core Strength Beg/M	02:00p Italian Group	10:30a Pickleball Mentoring/W	01:30p Pottery - Independent Potters PM		
	11:25a Functionally Fit/M	02:30p Aqua H2O Aerobics/T	11:00a Carotid Artery Stenting	02:00p State Senator Marty Knollenberg		
	12:00p Aqua Healthy Jnts Adv/M&W	03:15p Ukulele	11:00a French Intermediate Class	04:00p Pickleball Int-Adv/T&Th		
	12:30p Bridge Drop-in Mon.	04:00p Pickleball Int-Adv/T&Th	11:00a Polish Group	04:30p Pottery - Independent Potters E		
	12:30p Circuit Training	05:00p Aqua Healthy Jnts Adv/T&Th	11:25a Core Strength Beg/W	05:00p Aqua Healthy Jnts Adv/T&Th		
	12:30p Mah Jong American	05:00p Knitting at Night	11:30a Pickleball Int-Adv/W	05:30p Essentrics Age Reversing/Th		
	12:45p Yoga Chair/M	05:30p Mosaic Drop-In E	12:00p Aqua Healthy Jnts Adv/M&W	06:00p Badminton/M&Th		
	01:00p Aqua Healthy Jnts/M&W	06:00p Pickleball Ladder Int-Adv/T	12:30p Core Strength Int	06:30p Fit and 50 Barre		
	01:00p Creation Station	06:00p Pickleball Ladder/T	12:30p Dance For Parkinsons	07:00p Aqua Swim Team/Th		
	01:00p Line Dance Day	06:00p Step Aerobics/T PM	12:30p Euchre Drop-In	07:00p Spanish Beg PM		
	01:00p Pickleball Novice/MTF	06:00p Yoga Slow Flow/T	12:30p Mah Jong Chinese			
	01:00p Sculpting 101	07:00p Aqua Swim Team/T	12:45p Yoga Chair/W			
	01:00p Table Tennis/MWF	07:00p PersTraining Small Grp Int/T	01:00p Aqua Healthy Jnts/M&W			
	01:30p Pottery - Independent Potters PM	07:00p Poetry Group E	01:00p Creation Station			
	02:00p Aqua H2O Aerobics/M	07:05p Zumba/T	01:00p Open Gym PM/W			
	02:00p Yoga Basic/M		01:00p Pickleball Machine Rental			
	04:00p Pickleball All Lvl/M&F		01:00p Pottery - Independent Potters Wed			
	04:30p Pottery - Independent Potters E		01:00p Table Tennis/MWF			
	05:00p Strengthen Bones Int/M&W		01:30p Jazzercise Lite			
	05:15p Essentrics Age Reversing/M		02:00p Aqua H2O Aerobics/W			
	06:00p Badminton/M&Th		02:00p Yoga Core Chair			
	06:00p Meditation Drop-in E		02:45p Tai Chi Beg/W			
	06:00p Movie Monday		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		05:30p Chess Instruction			
	06:30p Cycling Power Pedal					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
			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			
23	24	25	26	27	28	29
	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 07:45a Leisure Travel Mystery Trip 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	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-MSM 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.	06:00a MSM Setup 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 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 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 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	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/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 Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Visually Impaired Support Group 2017 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strgth & Cardio 09:00a Muscles in Motion	06:30a Walking Track 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 10:15a Cycling Energy Ride 11:00a Euchre/Amer. Bridge Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	09:00a A Tour	09:00a Bike for Coffee	09:00a Altered Books Workshop	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/M	
	09:00a Aqua Interval/M	09:00a Volleyball Tournament/T		09:30a Ask the Doctor	10:00a Aqua Water Works/F	
	09:00a Muscles in Motion		09:00a Muscles in Motion	09:30a Back Health/Th	10:00a Chinese Learn English	
	09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:00a Pilates Beginning	09:30a Core Strength Adv/T&Th	10:00a English Learning Grp	
	09:00a Pickleball Int-Adv/M	09:30a Back Health/T	09:30a Pickleball Lessons Beg/W	10:00a Aqua Fit/T&Th	10:00a Stretch & Balance	
	09:00a Pilates Strgth Trng	09:30a Core Strength Adv/T&Th	09:30a Spanish Group	10:00a Aqua Healthy Jnts/T&Th	10:30a Tai Chi Beg/F	
	09:00a Quilting Circle	09:30a Knitting & Crochet Grp	09:30a Thread Therapy-W	10:00a Thursday Morning Euchre	11:00a French Group	
	09:30a Zentangle Drop In		09:30a Watercolor Workshop	10:30a Pottery - Independent Potters AM	11:00a Pickleball AllLv/F	
	09:45a German Class	10:00a Aqua Fit/T&Th	10:00a Aqua Water Works/M&W	10:30a Strengthen Bones Adv/T&Th	11:30a Functionally Fit/F	
	10:00a Aqua Water Works/M&W	10:00a Aqua Healthy Jnts/T&Th	10:00a Heart Healthy Fitness	10:45a Step Aerobics/Th	11:30a Yoga Chair/F	
	10:00a Heart Healthy Fitness	10:00a Bridge Amer Strd Tue	10:00a Late Bloomers Gardening	11:30a Tone Stretch Balance/T&Th	11:45a Cycle to the Beat/F	
	10:00a Softball Blue Jays/Member	10:00a Computer Club	10:00a Softball Blue Jays/Member	11:45a Yoga Gentle Beginning/Th	12:30p Bridge Amer Strd Fri	
	10:00a Softball Blue Jays/NonMember	10:00a Cycling Free Demo/T	10:00a Softball Blue Jays/NonMember	12:30p Bridge - Duplicate	12:30p Hand & Foot Mexican Train	
	10:00a Softball Orioles/Member	10:30a Strengthen Bones Adv/T&Th	10:00a Softball Orioles/Member	12:30p Metalsmithing Drop-In	12:30p Pinochle	
	10:00a Softball Orioles/NonMember	10:45a Step Aerobics/T	10:00a Softball Orioles/Member	12:30p Pickleball Novice/Th	01:00p Open Studio Painting Drop-In	
	10:00a Softball Rams/Member	11:30a Tone Stretch Balance/T&Th	10:00a Softball Orioles/NonMember	01:00p Fireside Poetry	01:00p Pickleball Novice/MTF	
	10:00a Softball Rams/NonMember	11:35a Yoga/T at 11:35 am	10:00a Softball Rams/Member	12:30p Pickleball Machine Rental	01:00p Table Tennis/MWF	
	10:00a Softball Reds/Member	12:15p Strength Stretch Parkinsons	10:00a Softball Rams/NonMember	01:00p Pickleball Machine Rental	01:00p Thread Therapy-F	
	10:00a Softball Reds/NonMember	12:30p Independent Art Drop In	10:00a Softball Reds/Member	01:10p Strengthen Bones Beg/T&Th	01:00p Zumba/F	
	10:00a Softball Shamrocks/Member	12:45p German Group	10:00a Softball Reds/NonMember	01:15p Stretch & Strength/Th	01:15p Percussion Ensemble	
	10:00a Softball Shamrocks/NonMember	01:00p B-ball Shoot Around	10:00a Softball Shamrocks/Member	01:30p Aqua Core Strgth/T&Th	02:00p Aqua H2O Aerobics/F	
	10:30a Pottery - Independent Potters AM	01:00p Caregivers 411	10:00a Softball Shamrocks/NonMember	01:30p Pottery - Independent Potters PM	04:00p Pickleball All Lvl/M&F	
	10:30a Zumba/M	01:00p Explore Art	10:30a Ballet Low Impact	04:00p Pickleball Int-Adv/T&Th	06:00p Pickleball All Lvl/F PM	
	11:00a Pickleball All Levels/M	01:00p French Beginner Class	10:30a Pickleball Mentor Games/W	04:30p Pottery - Independent Potters E		
	11:00a Spanish Beginner	01:00p India Group	10:30a Pickleball Mentoring/W	05:00p Aqua Healthy Jnts Adv/T&Th		
	11:00a Spanish Intermediate	01:00p Pickleball Novice/MTF	11:00a French Intermediate Class	05:30p Essentrics Age Reversing/Th		
	11:25a Core Strength Beg/M	01:10p Strengthen Bones Beg/T&Th				
		01:15p Stretch & Strength/T				
		01:30p Aqua Core Strgth/T&Th				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	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 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 Sculpting 101 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 05:15p Essentrics Age Reversing/M 06:00p Badminton/M&Th 06:00p Meditation Drop-in E 06:00p Movie - Documentary That Sugar Film 06:15p Essentrics Toning 06:15p PersTraining Small Grp Adv/M 06:30p Aqua Zumba/M 06:30p Cycling Power Pedal	01:30p Guitar - Tuesday 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 Pickleball Ladder/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	11:00a Polish Group 11:25a Core Strength Beg/W 11:30a MSM Pageant 11:30a Pickleball Int-Adv/W 12:00p Aqua Healthy Jnts Adv/M&W 12:30p Core Strength Int 12:30p Euchre Drop-In 12:30p Mah Jong Chinese 12:45p Yoga Chair/W 01:00p Aqua Healthy Jnts/M&W 01:00p Bracelet Bonanza 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 03:00p MSM Clean-up 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 07:00p PersTraining Small Grp Beg/W	06:00p Badminton/M&Th 06:30p Fit and 50 Barre 07:00p Aqua Swim Team/Th 07:00p Spanish Beg PM		
<b>30</b>	<b>31</b>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 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 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 09:00a Pickleball Int-Adv/M 09:00a Pilates Strgth Trng 09:00a Quilting Circle 09:30a Zentangle Drop In 09:45a German Class 10:00a Aqua Water Works/M&W					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>30</b></p>	<p style="text-align: right;"><b>31</b></p> <p>10:00a Heart Healthy Fitness</p> <p>10:00a Softball Blue Jays/Member</p> <p>10:00a Softball Blue Jays/NonMember</p> <p>10:00a Softball Orioles/Member</p> <p>10:00a Softball Orioles/NonMember</p> <p>10:00a Softball Rams/Member</p> <p>10:00a Softball Rams/NonMember</p> <p>10:00a Softball Reds/Member</p> <p>10:00a Softball Reds/NonMember</p> <p>10:00a Softball Shamrocks/Member</p> <p>10:00a Softball Shamrocks/NonMember</p> <p>10:30a Pottery - Independent Potters AM</p> <p>10:30a Zumba/M</p> <p>11:00a Pickleball All Levels/M</p> <p>11:00a Spanish Beginner</p> <p>11:00a Spanish Intermediate</p> <p>11:25a Core Strength Beg/M</p> <p>11:25a Functionally Fit/M</p> <p>12:00p Aqua Healthy Jnts Adv/M&amp;W</p> <p>12:30p Bridge Drop-in Mon.</p> <p>12:30p Circuit Training</p> <p>12:30p Mah Jong American</p> <p>12:45p Yoga Chair/M</p> <p>01:00p Aqua Healthy Jnts/M&amp;W</p> <p>01:00p Creation Station</p> <p>01:00p Line Dance Day</p>					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 01:00p Pickleball Novice/MTF  01:00p Sculpting 101 01:00p Table Tennis/MWF 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 Meditation Drop-in E 06:15p Essentrics Toning 06:15p PersTraining Small Grp Adv/M  06:30p Aqua Zumba/M 06:30p Cycling Power Pedal					