

Older Persons' Commission

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	Building Closed	Building Closed	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/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/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 The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:30a Ask the Doctor 09:30a Pickleball Lessons Beg/W 10:00a Heart Healthy Fitness	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 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 Making Waves/T&Th 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/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 Swim/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F 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 The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/F 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/M 09:30a Ask the Doctor 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F	06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 11:30a Volleyball All Lvl/S 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
			10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W 12:30p Core Strength Intermediate 12:30p Euchre Drop-In 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Pickleball Machine Rental 01:00p Table Tennis/MWF 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Core Chair Yoga 02:00p Fitness Challenge H2O Advanced/W 02:00p Open Gym PM/W 04:00p Pickleball All Levels/W PM 05:00p Strengthen Your Bones Advanced/M&W 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:20p Hard Core Strength Training 12:30p Boxing for Parkinsons 12:30p Bridge - Duplicate Thur. Drop-in 12:30p Metalsmithing Drop- In 12:30p Pickleball Practice Session Adv 12:30pm 01:00p Pickleball Machine Rental 01:10p Strengthen Your Bones Beginning/T&Th 01:15p Stretch & Strength/Th 01:30p Aquatic Core - Core Strength/T&Th 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills L1 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:45p Muscular Endurance 07:00p Spanish Beg PM	10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 02:00p Fitness Challenge H2O Beginning/F 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	
6	7	8	9	10	11	12
	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:29a Social	06:30a Walking Track

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:30a Billiards/MTWThF	06:59a Social/S
06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	06:30a Cardio and Weights	07:00a Billiards/S
06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	06:30a Library	07:00a Cardio and Weights/S
06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/MTWTh	06:30a Open Gym AM/F	07:00a Computer Lab Saturday
06:30a Open Swim/M-F	06:30a Open Swim/MWF	06:30a Open Swim/M-F	06:30a Open Swim/M-F	06:30a Open Swim/MWF	06:30a Open Swim/M-F	07:00a Critt Fit Challenge Rpt
06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	06:30a Personal Training	06:30a Open Swim/T&Th	06:30a Personal Training	07:00a Library/S
06:30a Walking Track	06:30a Personal Training	06:30a Walking Track	06:30a Walking Track	06:30a Personal Training	07:00a Advanced Strength & Balance/F	07:00a Open Swim/S
07:00a Advanced Strength & Balance/M	06:30a Walking Track	07:00a Advanced Strength & Balance/W	07:00a Advanced Strength & Balance/W	06:30a Walking Track	07:00a Computer Lab - Mon-Fri	07:00a Personal Training/S
07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Computer Lab - Mon-Fri	07:00a Computer Lab - Mon-Fri	07:00a Aquatic Core Advanced/T&TR	07:00a Critt Fit Challenge Rpt	07:00a Pickleball All Lvl/S
07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon-Fri	07:00a Critt Fit Challenge Rpt	07:00a Critt Fit Challenge Rpt	07:00a Computer Lab - Mon-Fri	08:00a All Levels Pickleball Ladder/F	07:00a Walking Track - Sat Winter
08:00a Aquatic Core - Core Strength/M&W	07:00a Critt Fit Challenge Rpt	08:00a Aquatic Core - Core Strength/M&W	08:00a Aquatic Core - Core Strength/M&W	07:00a Critt Fit Challenge Rpt	08:00a Aquatic Core - The Core/F	08:00a Cycling Energy Ride
08:00a Ask the Nurse	07:30a Advanced Small Group Personal Training/T	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Ask the Nurse	08:00a Liquid Boot Camp/S
08:00a Crittenton PT	08:00a Ask the Nurse	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Crittenton PT	08:00a Crittenton Wellness Center Visit	08:00a Private Swim Lessons
08:00a Crittenton Wellness Center Visit	08:00a Crittenton Wellness Center Visit	08:00a Crittenton Wellness Center Visit	08:00a Crittenton Wellness Center Visit	08:00a Crittenton Wellness Center Visit	08:00a Crittenton Wellness Center Visit	08:00a Semi-Private Swim Lessons
08:00a Fitness in Motion	08:00a Private Swim Lessons	08:00a Fitness in Motion	08:00a Fitness in Motion	08:00a Private Swim Lessons	08:00a Fitness in Motion	08:00a Weight Room Orientation
08:00a Private Swim Lessons	08:00a Semi-Private Swim Lessons	08:00a Private Swim Lessons	08:00a Private Swim Lessons	08:00a Rise & Shine/Wellness Breakfast	08:00a Private Swim Lessons	09:00a A Tour
08:00a Semi-Private Swim Lessons	08:00a Weight Room Orientation	08:00a Semi-Private Swim Lessons	08:00a Semi-Private Swim Lessons	08:00a Semi-Private Swim Lessons	08:00a Semi-Private Swim Lessons	09:00a Basic Yoga/S
08:00a The Deep/M&W	08:00a Woodshop	08:00a The Deep/M&W	08:00a The Deep/M&W	08:00a Weight Room Orientation	08:00a The Deep/F	09:00a Basketball 5 on 5/S
08:00a Weight Room Orientation	08:30a Low Impact Aerobics	08:00a Weight Room Orientation	08:00a Weight Room Orientation	08:00a Woodshop	08:00a Weight Room Orientation	10:00a Euchere & Pinochle
08:00a Woodshop	09:00a A Tour	08:00a Woodshop	08:00a Woodshop	08:30a Low Impact Aerobics	08:00a Woodshop	10:00a EUCHRE - Saturday drop-in
09:00a A Tour	09:00a Ask the Ortho Dr.	09:00a A Tour	08:00a Woodshop	09:00a A Tour	09:00a A Tour	11:30a Volleyball All Lvl/S
09:00a Aqua Strength & Interval/M	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/W	09:00a Aqua Strength & Interval/W	09:00a Making Waves/T&Th	09:00a Aqua Strength & Interval/F	12:30p PINOCHLE - Saturday Drop-in
09:00a Muscles in Motion	09:00a Volleyball Tournament/T	09:00a Ask the Dentist	09:00a Ask the Dentist	09:00a Volleyball Tournament/R	09:00a Critt Bone Density Scrng	02:00p Pickleball Novice/S
09:00a Pickleball Int - Adv/M	09:15a Cycle to the Beat/T	09:00a Interval Training	09:00a Interval Training	09:00a Volleyball Tournament/R	09:00a Muscles in Motion	
09:00a Pickleball Int-Adv/M	09:30a Back Health/T	09:00a Pilates Beginning	09:00a Pilates Beginning	09:15a Cycle to the Beat/Th	09:00a Pickleball Int-Adv/M	
09:00a Pilates Strength Training	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	09:30a Ask the Doctor	09:30a Back Health/Th	09:00a Pottery Wheel Friday Morning	
09:00a Quilting Circle	09:30a Critt Hearing & Aid Clean	09:30a Needle Arts-W	09:30a Needle Arts-W	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	
09:30a Zentangle Drop In	09:30a Critt Hearing & Aid Clean	09:30a Pickleball Lessons Beg/W	09:30a Pickleball Lessons Beg/W	10:00a Aqua Fit/T&Th	10:00a Financial Friday	
10:00a Knitting For Beginners	09:30a Knit & Crochet Grp	09:30a Watercolor Class With Pete - Wednesday	09:30a Watercolor Class With Pete - Wednesday	10:00a Aquatic Healthy Joints Beginning/T&Th		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6	7	8	9	10	11	12			
10:00a Stretch & Balance/M	10:00a Aqua Fit/T&Th	10:00a Heart Healthy Fitness	10:00a Chair Massage	10:00a Stretch & Balance/F	10:00a Theatre Workshop - Morning	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Veterans Connection	10:00a Northwest Programmers Meeting	10:00a Water Works Aerobics/F
10:00a Water Works Aerobics/M&W	10:00a Bridge Amer Strd Tue	10:00a Water Works Aerobics/M&W	10:30a Pottery - Independent Potters Club AM	10:15a Cycle to the Beat/F	10:15a Cycling Ride Rock and Roll	10:00a Computer Club	10:30a Beginner Low Impact Ballet	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginning Tai Chi Wu Style/F
10:30a Pottery - Independent Potters Club AM	10:00a Cycling Free Demo/T	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Pickleball Mentor Games/W	10:30a Functionally Fit/F	10:30a Zumba/M	10:00a Cycling Free Demo/T	10:30a Pickleball Mentoring/W	10:45a Step Aerobics/Th	11:30a Chair Yoga/F
10:30a Pickleball Practice Session Nov/Int	10:45a Step Aerobics/T	10:30a Pickleball Mentoring/W	11:25a Core Strength Beginning/W	11:30a Tone Stretch & Balance/T&Th	11:00a Pickleball Practice Session Nov/Int	11:30a Tone Stretch & Balance/T&Th	11:25a Core Strength Beginning/W	11:45a Yoga A Gentle Beginning/Th	11:30a Functionally Fit/F
11:25a Functionally Fit/M	11:35a Yoga/T at 11:35 am	11:30a Pickleball Int-Adv/W	12:20p Hard Core Strength Training	01:00p Needle Arts-F	11:30a Core Strength Beginning/M	12:15p Strength & Stretch for Parkinsons	12:30p Core Strength Intermediate	12:20p Hard Core Strength Training	01:00p Open Studio Painting Drop-In
12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Basketball Shoot Around	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Boxing for Parkinsons	01:00p Pickleball Novice/MTF	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Basketball Shoot Around	12:30p Euchre Drop-In	12:30p Boxing for Parkinsons	01:00p Pickleball Novice/MTF
12:30p Circuit Training	01:00p Pickleball Novice/MTF	12:30p Core Strength Intermediate	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Table Tennis/MWF	12:30p Circuit Training	01:00p Pickleball Novice/MTF	12:45p Chair Yoga/W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Table Tennis/MWF
12:45p Chair Yoga/M	01:00p Watercolor Class With Pete	12:30p Euchre Drop-In	12:30p Metalsmithing Drop-In	01:00p Zumba/F	12:45p Chair Yoga/M	01:00p Watercolor Class With Pete	01:00p Aquatic Healthy Joints Beginning/M&W	12:30p Metalsmithing Drop-In	01:30p Movie Matinee
01:00p Aquatic Healthy Joints Beginning/M&W	01:10p Kickboxing Circuit	12:30p Pickleball Machine Rental	12:30p Pickleball Practice Session Adv 12:30pm	02:00p Fitness Challenge H2O Beginning/F	01:00p Aquatic Healthy Joints Beginning/M&W	01:10p Kickboxing Circuit	01:00p Creation Station - Monday	12:30p Pickleball Practice Session Adv 12:30pm	02:00p Fitness Challenge H2O Beginning/F
01:00p Creation Station - Monday	01:15p Stretch & Strength/T	01:00p Cant Reach Toes	01:00p Adult Day Service Group	04:00p Pickleball Int-Adv/F PM	01:00p Pickleball Novice/MTF	01:15p Stretch & Strength/T	01:00p Pickleball Novice/MTF	01:00p Adult Day Service Group	04:00p Pickleball Int-Adv/F PM
01:00p Pickleball Novice/MTF	01:30p Aquatic Core - Core Strength/T&Th	01:00p Dance For Parkinsons	01:00p Pickleball Machine Rental	06:00p Pickleball All Lvl/F PM	01:00p Table Tennis/MWF	01:30p Aquatic Core - Core Strength/T&Th	01:00p Table Tennis/MWF	01:00p Pickleball Machine Rental	06:00p Pickleball All Lvl/F PM
01:00p Table Tennis/MWF	02:00p Computer 1 on 1 2-3pm	01:00p Pickleball Machine Rental	01:00p Pottery - Independent Potters Club Wed		01:30p Pottery - Independent Potters Club PM	02:00p Computer 1 on 1 2-3pm	01:30p Pottery - Independent Potters Club PM		
01:30p Pottery - Independent Potters Club PM	02:20p Beginning Tai Chi Wu Style/T	01:00p Pottery - Independent Potters Club Wed	01:10p Strengthen Your Bones Beginning/T&Th		02:00p Basic Yoga/M	02:20p Beginning Tai Chi Wu Style/T	01:10p Strengthen Your Bones Beginning/T&Th		
02:00p Basic Yoga/M	02:30p Fitness Challenge H2O Intermediate/T	01:00p Table Tennis/MWF	01:15p Stretch & Strength/Th		02:00p Fitness Challenge H2O Beginning/M	02:30p Fitness Challenge H2O Intermediate/T	01:15p Stretch & Strength/Th		
02:00p Fitness Challenge H2O Beginning/M	03:00p Beginning Small Group Personal Training/T	01:00p Woodshop - Bird House Project	01:30p Aquatic Core - Core Strength/T&Th		04:00p Pickleball All Lvl/M PM	03:00p Beginning Small Group Personal Training/T	01:30p Aquatic Core - Core Strength/T&Th		
04:00p Pickleball All Lvl/M PM	03:30p Terrific Tuesday Guest	01:45p Qigong & Tai Chi Basics (Yang Style)	01:30p Pottery - Independent Potters Club PM		04:30p Pottery - Independent Potters Club E	03:30p Terrific Tuesday Guest	01:30p Pottery - Independent Potters Club PM		
04:30p Pottery - Independent Potters Club E	04:00p Mosaic Drop-In E	02:00p Core Chair Yoga	02:00p Pickleball Novice/Th 2pm		05:00p Strengthen Your Bones Advanced/M&W	04:00p Mosaic Drop-In E	02:00p Pickleball Novice/Th 2pm		
05:00p Strengthen Your Bones Advanced/M&W	04:00p Pickleball All Lvl/T	02:00p Fitness Challenge H2O Advanced/W	02:00p Pickleball Skills & Drills L1		06:00p Badminton/M&Th	04:00p Pickleball All Lvl/T	02:00p Pickleball Skills & Drills L1		
06:00p Badminton/M&Th	04:15p Full Body Blast	02:00p Open Gym PM/W	04:00p Pickleball Int-Adv/Th		06:25p Essentrics Barre	04:15p Full Body Blast	04:00p Pickleball Int-Adv/Th		
06:25p Essentrics Barre	04:30p Aqua Mini Dip/T	04:00p Pickleball All Levels/W PM	04:30p Drums & More		06:30p Aqua Zumba/M	04:30p Aqua Mini Dip/T	04:30p Drums & More		
06:30p Aqua Zumba/M		05:00p Lapidary & Silversmith Drop In PM	04:30p Pottery - Independent Potters Club E				04:30p Pottery - Independent Potters Club E		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member 07:00p Line Dance PM	04:30p Terrific Tuesday 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 06:00p Woodshop Safety 07:05p Zumba/T	05:00p Strengthen Your Bones Advanced/M&W 06:30p Basketball 5 on 5/W 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:45p Muscular Endurance 07:00p HAM RADIO - Intro 07:00p Organize & Downsize 07:00p Spanish Beg PM		
13	14	15	16	17	18	19
	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/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/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 The Deep/M&W 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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a Critt Fit Challenge Rpt 07:30a Advanced Small Group Personal Training/T 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/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/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 The Deep/M&W 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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 07:00a 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	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Swim/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a All Levels Pickleball Ladder/F 08:00a Aquatic Core - The Core/F 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 The Deep/F 08:00a Weight Room Orientation	06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Private Swim Lessons 08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:00a Woodshop Skillbuilding- Jinter & Tablesaw 10:00a Euchere & Pinochle 10:00a EUCHRE - Saturday drop-in

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	08:00a Woodshop	09:00a A Tour	08:00a Woodshop	09:00a A Tour	08:00a Woodshop	11:30a Triathlon-Member
	09:00a A Tour	09:00a Making Waves/T&Th	09:00a A Tour	09:00a Making Waves/T&Th	09:00a A Tour	11:30a Triathlon-Non-Member
	09:00a Aqua Strength & Interval/M	09:00a Volleyball Tournament/T	09:00a Aqua Strength & Interval/W	09:00a Volleyball Tournament/R	09:00a Aqua Strength & Interval/F	11:30a Triathlon-Team 1 Event
	09:00a Muscles in Motion	09:15a Cycle to the Beat/T	09:00a Interval Training	09:15a Cycle to the Beat/Th	09:00a Muscles in Motion	11:30a Triathlon-Team 2 Events
	09:00a Pickleball Int - Adv/M	09:30a Back Health/T	09:00a Pilates Beginning	09:30a Back Health/Th	09:00a Pickleball Int-Adv/M	11:30a Volleyball All Lvl/S
	09:00a Pickleball Int-Adv/M	09:30a Core Strength Advanced/T&Th	09:30a Ask the Doctor	09:30a Core Strength Advanced/T&Th	09:00a Pottery Wheel Friday Morning	12:30p PINOCHLE - Saturday Drop-in
	09:00a Pilates Strength Training	09:30a Knit & Crochet Grp	09:30a Needle Arts-W	10:00a Aqua Fit/T&Th	09:30a Ask the Doctor	02:00p Pickleball Novice/S
	09:00a Quilting Circle	09:30a Mixed Media Techniques	09:30a Pickleball Lessons Beg/W	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Crochet Beginning	
	09:30a Color Theory Workshop	10:00a Aqua Fit/T&Th	09:30a Watercolor Class With Pete - Wednesday	10:30a Pottery - Independent Potters Club AM	10:00a Stretch & Balance/F	
	09:30a Zentangle Drop In	10:00a Aquatic Healthy Joints Beginning/T&Th	10:00a Heart Healthy Fitness	10:30a Pottery - Independent Potters Club AM	10:00a Water Works Aerobics/F	
	10:00a Knitting For Beginners	10:00a Computer Club	10:00a New Member Coffee Morning	10:30a Strengthen Your Bones Intermediate/T&Th	10:15a Cycle to the Beat/F	
	10:00a Stretch & Balance/M	10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/Th	10:30a Beginning Tai Chi Wu Style/F	
	10:00a Water Works Aerobics/M&W	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	11:30a Tone Stretch & Balance/T&Th	11:30a Chair Yoga/F	
	10:15a Cycling Ride Rock and Roll	10:45a Step Aerobics/T	10:30a Pickleball Mentor Games/W	11:45a Yoga A Gentle Beginning/Th	11:30a Functionally Fit/F	
	10:30a Pottery - Independent Potters Club AM	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentoring/W	12:20p Hard Core Strength Training	01:00p Needle Arts-F	
	10:30a Zumba/M	11:35a Yoga/T at 11:35 am	10:30a Pickleball	12:30p Boxing for Parkinsons	01:00p Open Studio Painting Drop-In	
	11:00a Pickleball Practice Session Nov/Int	12:15p Strength & Stretch for Parkinsons	11:25a Core Strength Beginning/W	12:30p Bridge - Duplicate Thur. Drop-in	01:00p Pickleball Novice/MTF	
	11:25a Functionally Fit/M	12:30p Independent Art Class	11:30a Pickleball Int-Adv/W	12:30p Metalsmithing Drop-In	01:00p Table Tennis/MWF	
	11:30a Core Strength Beginning/M	01:00p Basketball Shoot Around	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Pickleball Practice Session Adv 12:30pm	01:00p Zumba/F	
	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Pickleball Novice/MTF	12:30p Core Strength Intermediate	12:30p Pickleball Practice Session Adv 12:30pm	02:00p Fitness Challenge H2O Beginning/F	
	12:30p Circuit Training	01:00p Watercolor Class With Pete	12:30p Euchre Drop-In	01:00p Pickleball Machine Rental	04:00p Pickleball Int-Adv/F PM	
	12:45p Chair Yoga/M	01:10p Kickboxing Circuit	12:45p Chair Yoga/W	01:10p Strengthen Your Bones Beginning/T&Th	06:00p Pickleball All Lvl/F PM	
	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Stretch & Strength/T	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Stretch & Strength/Th		
	01:00p Creation Station - Monday	01:30p Aquatic Core - Core Strength/T&Th	01:00p Cant Reach Toes	01:30p Aquatic Core - Core Strength/T&Th		
	01:00p Pickleball Novice/MTF	01:30p Guitar - Tuesday	01:00p Creative Cards	01:30p Pottery - Independent Potters Club PM		
	01:00p Table Tennis/MWF	02:00p Computer 1 on 1 2-3pm	01:00p Dance For Parkinsons	01:30p Pottery - Independent Potters Club PM		
	01:30p Pottery - Independent Potters Club PM	02:20p Beginning Tai Chi Wu Style/T	01:00p Pickleball Machine Rental	02:00p Pickleball Novice/Th 2pm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 04:00p Pickleball All Lvl/M PM 04:30p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member 07:00p Line Dance PM	02:30p Fitness Challenge H2O Intermediate/T 03:00p Beginning Small Group Personal Training/T 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Core Chair Yoga 02:00p Fitness Challenge H2O Advanced/W 02:00p Music with Gerry 02:00p Open Gym PM/W 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p New Member Coffee Evening 06:30p Basketball 5 on 5/W 06:30p Computer Excel 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	02:00p Pickleball Skills & Drills L1 04:00p Meet Rochester Mayor 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 04:30p Pottery - Independent Potters Club E 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:45p Muscular Endurance 07:00p Archaeology Oakland County Dig 07:00p Novels at Night 07:00p Novels at Night Club 07:00p Spanish Beg PM		
20	21	22	23	24	25	26
	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/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/M&W	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	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/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/M&W	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 Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt	06:29a Social 06:30a Billiards/MTWThF 06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/F 06:30a Open Swim/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/F 07:00a Computer Lab - Mon-Fri 07:00a Critt Fit Challenge Rpt 08:00a All Levels Pickleball Ladder/F	06:30a Walking Track 06:59a Social/S 07:00a Billiards/S 07:00a Cardio and Weights/S 07:00a Computer Lab Saturday 07:00a Critt Fit Challenge Rpt 07:00a Library/S 07:00a Open Swim/S 07:00a Personal Training/S 07:00a Pickleball All Lvl/S 07:00a Walking Track - Sat Winter 08:00a Cycling Energy Ride 08:00a Liquid Boot Camp/S 08:00a Private Swim Lessons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	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 The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/M 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pickleball Int-Adv/M 09:00a Pilates Strength Training 09:00a Quilting Circle 09:30a Zentangle Drop In 10:00a Knitting For Beginners 10:00a Stretch & Balance/M 10:00a Water Works Aerobics/M&W 10:15a Cycling Ride Rock and Roll 10:30a Pottery - Independent Potters Club AM 10:30a Zumba/M 11:00a Pickleball Practice Session Nov/Int 11:25a Functionally Fit/M 11:30a Core Strength Beginning/M 12:00p Aquatic Healthy Joints Advanced/M&W	07:30a Advanced Small Group Personal Training/T 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 09:00a A Tour 09:00a Ask the Ortho Dr. 09:00a Cardmaking - Stamp and Create 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Fabric Flower Art 09:30a Knit & Crochet Grp 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:00a Bridge Amer Strd Tue 10:00a Computer Club 10:00a Cycling Free Demo/T 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/T 11:30a Tone Stretch & Balance/T&Th 11:35a Yoga/T at 11:35 am 12:15p Strength & Stretch for Parkinsons	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 The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Doctor 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Watercolor Class With Pete - Wednesday 10:00a Heart Healthy Fitness 10:00a Water Works Aerobics/M&W 10:30a Beginner Low Impact Ballet 10:30a Pickleball Mentor Games/W 10:30a Pickleball Mentoring/W 11:25a Core Strength Beginning/W 11:30a Pickleball Int-Adv/W 12:00p Aquatic Healthy Joints Advanced/M&W	08:00a Ask the Nurse 08:00a Crittenton PT 08:00a Crittenton Wellness Center Visit 08:00a Lapidary Drop-in 08:00a Leisure Travel Trip departure 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 Making Waves/T&Th 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:30a Pottery - Independent Potters Club AM 10:30a Strengthen Your Bones Intermediate/T&Th 10:45a Step Aerobics/Th 11:30a Tone Stretch & Balance/T&Th 11:45a Yoga A Gentle Beginning/Th 12:20p Hard Core Strength Training 12:30p Boxing for Parkinsons 12:30p Bridge - Duplicate Thur. Drop-in	08:00a Aquatic Core - The Core/F 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 The Deep/F 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/F 09:00a Muscles in Motion 09:00a Pickleball Int-Adv/M 09:00a Pottery Wheel Friday Morning 09:30a Ask the Doctor 10:00a Crochet Beginning 10:00a Mosaic Tile Class 10:00a Stretch & Balance/F 10:00a Water Works Aerobics/F 10:15a Cycle to the Beat/F 10:30a Beginning Tai Chi Wu Style/F 11:30a Chair Yoga/F 11:30a Functionally Fit/F 01:00p Needle Arts-F 01:00p Open Studio Painting Drop-In 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:00p Zumba/F 01:30p Movie Matinee	08:00a Semi-Private Swim Lessons 08:00a Weight Room Orientation 08:00a Woodshop 09:00a A Tour 09:00a Basic Yoga/S 09:00a Basketball 5 on 5/S 09:30a Watercolor Workshop with Pete Snodgrass 10:00a Euchere & Pinochle 10:00a EUCHRE - Saturday drop-in 11:30a Volleyball All Lvl/S 12:30p PINOCHLE - Saturday Drop-in 02:00p Pickleball Novice/S

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	12:30p Circuit Training 12:45p Chair Yoga/M 01:00p Acrylic Painting 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Creation Station - Monday 01:00p Pickleball Novice/MTF 01:00p Table Tennis/MWF 01:30p Pottery - Independent Potters Club PM 02:00p Basic Yoga/M 02:00p Fitness Challenge H2O Beginning/M 04:00p Pickleball All Lvl/M PM 04:30p Pottery - Independent Potters Club E 05:00p Strengthen Your Bones Advanced/M&W 06:00p Badminton/M&Th 06:00p Theatre Workshop Evening 06:25p Essentrics Barre 06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member 07:00p Line Dance PM	12:30p Independent Art Class 01:00p Basketball Shoot Around 01:00p Cardmaking - Stamp and Create 01:00p Pickleball Novice/MTF 01:00p Watercolor Class With Pete 01:10p Kickboxing Circuit 01:15p Stretch & Strength/T 01:30p Aquatic Core - Core Strength/T&Th 01:30p Guitar - Tuesday 02:00p Computer 1 on 1 2-3pm 02:20p Beginning Tai Chi Wu Style/T 02:30p Fitness Challenge H2O Intermediate/T 03:00p Beginning Small Group Personal Training/T 03:00p Stained Glass Class - Afternoon 04:00p Mosaic Drop-In E 04:00p Pickleball All Lvl/T 04:15p Full Body Blast 04:30p Aqua Mini Dip/T 05:00p Aquatic Healthy Joints Advanced/T&Th 05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	12:30p Core Strength Intermediate 12:30p Euchre Drop-In 12:45p Chair Yoga/W 01:00p Aquatic Healthy Joints Beginning/M&W 01:00p Dance For Parkinsons 01:00p Learn to Draw / Part I 01:00p Pickleball Machine Rental 01:00p Pottery - Independent Potters Club Wed 01:00p Table Tennis/MWF 01:00p Woodshop Drop-in Practice 01:00p Zentangle Techniques 01:30p Bingo Mania 01:45p Qigong & Tai Chi Basics (Yang Style) 02:00p Core Chair Yoga 02:00p Fitness Challenge H2O Advanced/W 02:00p Open Gym PM/W 04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:00p Dinner with the Doc 06:30p Basketball 5 on 5/W 06:30p Learn To Meditate 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	12:30p Metalsmithing Drop-In 12:30p Pickleball Practice Session Adv 12:30pm 01:00p Lapidary Beg. 01:00p Pickleball Machine Rental 01:00p Womens Luncheon 01:10p Strengthen Your Bones Beginning/T&Th 01:15p Stretch & Strength/Th 01:30p Aquatic Core - Core Strength/T&Th 01:30p Pottery - Independent Potters Club PM 02:00p Pickleball Novice/Th 2pm 02:00p Pickleball Skills & Drills L1 04:00p Pickleball Int-Adv/Th 04:30p Drums & More 04:30p Pottery - Independent Potters Club E 05:00p Aquatic Healthy Joints Advanced/T&Th 05:30p Age Reversing Essentrics/Th 06:00p Badminton/M&Th 06:45p Muscular Endurance 07:00p Decorating for the New Year 07:00p Mugs & Music/Phil DeMarco 07:00p Spanish Beg PM	02:00p Fitness Challenge H2O Beginning/F 04:00p Pickleball Int-Adv/F PM 06:00p Pickleball All Lvl/F PM	
27	28	29	30	31		
	06:29a Social 06:30a Billiards/MTWThF	06:29a Social 06:30a Billiards/MTWThF	06:29a Social 06:30a Billiards/MTWThF	06:29a Social 06:30a Billiards/MTWThF		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31		
	06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/M 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/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 The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/M 09:00a Muscles in Motion 09:00a Pickleball Int - Adv/M 09:00a Pickleball Int-Adv/M 09:00a Pilates Strength Training 09:00a Quilting Circle 09:30a Zentangle Drop In 10:00a Knitting For Beginners	06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 07:30a Advanced Small Group Personal Training/T 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 09:00a A Tour 09:00a Making Waves/T&Th 09:00a Volleyball Tournament/T 09:15a Cycle to the Beat/T 09:30a Acrylic Mini Canvases - Night Flowers 09:30a Back Health/T 09:30a Core Strength Advanced/T&Th 09:30a Knit & Crochet Grp 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th	06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/M-F 06:30a Personal Training 06:30a Walking Track 07:00a Advanced Strength & Balance/W 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 08:00a Aquatic Core - Core Strength/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 The Deep/M&W 08:00a Weight Room Orientation 08:00a Woodshop 08:00a Woodshop 09:00a A Tour 09:00a Aqua Strength & Interval/W 09:00a Interval Training 09:00a Pilates Beginning 09:00a Pottery - Clay Handbuilding 09:30a Ask the Doctor 09:30a Needle Arts-W 09:30a Pickleball Lessons Beg/W 09:30a Watercolor Class With Pete - Wednesday	06:30a Cardio and Weights 06:30a Library 06:30a Open Gym AM/MTWTh 06:30a Open Swim/MWF 06:30a Open Swim/T&Th 06:30a Personal Training 06:30a Walking Track 07:00a Aquatic Core Advanced/T&TR 07:00a Computer Lab - Mon- Fri 07:00a Critt Fit Challenge Rpt 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 Making Waves/T&Th 09:00a Volleyball Tournament/R 09:15a Cycle to the Beat/Th 09:30a Back Health/Th 09:30a Core Strength Advanced/T&Th 10:00a Aqua Fit/T&Th 10:00a Aquatic Healthy Joints Beginning/T&Th 10:30a Pottery - Independent Potters Club AM		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31		
	10:00a Stretch & Balance/M	10:00a Computer Club	10:00a Heart Healthy Fitness	10:30a Strengthen Your Bones Intermediate/T&Th		
	10:00a Water Works Aerobics/M&W	10:00a Cycling Free Demo/T	10:00a Water Works Aerobics/M&W	10:45a Step Aerobics/Th		
	10:15a Cycling Ride Rock and Roll	10:30a Strengthen Your Bones Intermediate/T&Th	10:30a Beginner Low Impact Ballet	11:30a Tone Stretch & Balance/T&Th		
	10:30a Pottery - Independent Potters Club AM	10:45a Step Aerobics/T	10:30a Pickleball Mentor Games/W	11:45a Yoga A Gentle Beginning/Th		
	10:30a Zumba/M	11:30a Tone Stretch & Balance/T&Th	10:30a Pickleball Mentoring/W	12:20p Hard Core Strength Training		
	11:00a Pickleball Practice Session Nov/Int	11:35a Yoga/T at 11:35 am	11:25a Core Strength Beginning/W	12:30p Boxing for Parkinsons		
	11:25a Functionally Fit/M	12:15p Strength & Stretch for Parkinsons	11:30a Pickleball Int-Adv/W	12:30p Metalsmithing Drop-In		
	11:30a Core Strength Beginning/M	12:30p Independent Art Class	12:00p Aquatic Healthy Joints Advanced/M&W	12:30p Pickleball Practice Session Adv 12:30pm		
	12:00p Aquatic Healthy Joints Advanced/M&W	01:00p Basketball Shoot Around	12:30p Core Strength Intermediate	01:00p Lapidary Beg.		
	12:30p Circuit Training	01:00p Design and Create Jewelry - Valentine Bracelet	12:45p Chair Yoga/W	01:00p Pickleball Machine Rental		
	12:45p Chair Yoga/M	01:00p Pickleball Novice/MTF	01:00p Aquatic Healthy Joints Beginning/M&W	01:00p Woodshop Basic Electrical Repair		
	12:45p Vintage Views Writers Poets Proofreaders	01:00p Watercolor Class With Pete	01:00p Dance For Parkinsons	01:10p Strengthen Your Bones Beginning/T&Th		
	01:00p Acrylic Painting	01:10p Kickboxing Circuit	01:00p Learn to Draw / Part I	01:15p Stretch & Strength/Th		
	01:00p Aquatic Healthy Joints Beginning/M&W	01:15p Stretch & Strength/T	01:00p Pickleball Machine Rental	01:30p Aquatic Core - Core Strength/T&Th		
	01:00p Creation Station - Monday	01:30p Aquatic Core - Core Strength/T&Th	01:00p Pottery - Independent Potters Club Wed	01:30p Pottery - Independent Potters Club PM		
	01:00p Pickleball Novice/MTF	01:30p Guitar - Tuesday	01:00p Rochester Painted Pot - Large Decorative Bowl	02:00p Pickleball Novice/Th 2pm		
	01:00p Table Tennis/MWF	02:00p Computer 1 on 1 2-3pm	01:00p Table Tennis/MWF	02:00p Pickleball Skills & Drills L1		
	01:30p Pottery - Independent Potters Club PM	02:20p Beginning Tai Chi Wu Style/T	01:00p Wire & Bead Heart Jewelry	04:00p Pickleball Int-Adv/Th		
	02:00p Basic Yoga/M	02:30p Fitness Challenge H2O Intermediate/T	01:45p Qigong & Tai Chi Basics (Yang Style)	04:30p Drums & More		
	02:00p Fitness Challenge H2O Beginning/M	03:00p Beginning Small Group Personal Training/T	02:00p Core Chair Yoga	04:30p Pottery - Independent Potters Club E		
	04:00p Pickleball All Lvl/M PM	03:00p Stained Glass Class - Afternoon	02:00p Fitness Challenge H2O Advanced/W	05:00p Aquatic Healthy Joints Advanced/T&Th		
	04:30p Pottery - Independent Potters Club E	04:00p Mosaic Drop-In E	02:00p Open Gym PM/W	05:30p Age Reversing Essentrics/Th		
	05:00p Strengthen Your Bones Advanced/M&W	04:00p Pickleball All Lvl/T		06:00p Badminton/M&Th		
	06:00p Badminton/M&Th	04:15p Full Body Blast				
	06:25p Essentrics Barre	04:30p Aqua Mini Dip/T				
		05:00p Aquatic Healthy Joints Advanced/T&Th				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31		
	06:30p Aqua Zumba/M 06:30p Power Pedal/M 07:00p Ballroom Dance Class--Member 07:00p Ballroom Dance Class--Non-member 07:00p Line Dance PM	05:00p Knitting at Night 05:15p Step Aerobics/T PM 06:00p Pickleball Round Robin/T 06:00p Slow Flow Yoga/T 07:05p Zumba/T	04:00p Pickleball All Levels/W PM 05:00p Lapidary & Silversmith Drop In PM 05:00p Strengthen Your Bones Advanced/M&W 06:30p Basketball 5 on 5/W 06:30p Learn To Meditate 06:30p Power Pedal/W 06:30p Zumba/W 07:00p Line Dance PM	06:45p Muscular Endurance 07:00p Spanish Beg PM		