Village Center Weekday Fitness and Wellness Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00 EVR Walkers 9:15 **NO** Tai Chi **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*2* 9:00 EVR Walkers ***No Classes***	*3* 9:00 EVR Walkers 10:00 Bocce Ball **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*4* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*5*
6 ***Personal Training w/Lisa D By appointment Monday—Friday at 1:30 pm***	*7* 9:00 EVR Walkers 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*8* **VOTING IN PRES. ROOM** 9:00 EVR Walkers 9:15 Practice Tai Chi **10:00 AQUA Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*9* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*10* 9:00 EVR Walkers 10:00 Bocce Ball **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*11* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*12*
13 ***Stretch & Joint Movement is held in the Presentation Room sitting on a chair and stretching on a mat on the floor.***	*14* 9:00 EVR Walkers 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*15* 9:00 EVR Walkers 9:15 Practice Tai Chi **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*16* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*17* 9:00 EVR Walkers 10:00 Bocce Ball **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*18* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*19*
20	*21* 9:00 EVR Walkers 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*22* 9:00 EVR Walkers 9:15 Practice Tai Chi **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*23* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim ***Village Center Closing @ 3***	*24* ***Village Center Closed*** ***Happy Thanksgiving***	*25* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*26*
27	*28* 9:00 EVR Walkers 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim	*29* 9:00 EVR Walkers 9:15 Practice Tai Chi **10:00 Stretch & Joint Movement** 11:15 Gentle Aqua 2:00 Open Swim	*30* 9:00 EVR Walkers 9:30 Sittersize 10:15 Aquasize 11:15 Aquasize 2:00 Open Swim			

NOVEMBER