

Sun Mon Tue Wed Thu Fri Sat

DECEMBER



Weekly Fitness and Wellness Calendar



<p>4 Personal Training w/Lisa D <i>By appointment</i> Monday—Friday <i>at 1:30 pm</i></p>	<p>5 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>6 9:00 EVR Walkers 9:15 Beginning Tai Chi 10:00 Stretch & Joint Movement 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>7 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>8 9:00 EVR Walkers 9:15 Advanced Tai Chi 10:00 NO Bocce Ball 10:00 Strtch & Joint Mvmt 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>9 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>10</p>
<p>11 Stretch & Joint Movement is held in the Presentation Room sitting on a chair and stretching on a mat on the floor.</p>	<p>12 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>13 9:00 EVR Walkers 9:15 Beginning Tai Chi 10:00 Stretch & Joint Movement 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>14 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>15 9:00 EVR Walkers 9:15 Advanced Tai Chi 10:00 Bocce Ball 10:00 Strtch & Joint Mvmt 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>16 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>17</p>
<p>18 Muscle Strength & Toning w/free weights—We will use free weights and elastic bands to strength and tone our muscles .. <i>Sitting and standing</i></p>	<p>19 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>20 9:00 EVR Walkers 9:15 Beginning Tai Chi 10:00 Stretch & Joint Movement 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>21 9:00 EVR Walkers 10:15 Aquasize 2:00 Open Swim</p>	<p>22 9:00 EVR Walkers 9:15 Advanced Tai Chi 10:00 NO Bocce Ball 10:00 Strtch & Joint Mvmt 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>23 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>24 Village Center Closed Happy Holidays </p>
<p>25 Village Center Closed Happy Holidays </p>	<p>26 Village Center Closed Happy Holidays </p>	<p>27 9:00 EVR Walkers 9:15 Beginning Tai Chi 10:00 Stretch & Joint Movement 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>28 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>29 9:00 EVR Walkers 9:15 Advanced Tai Chi 10:00 Bocce Ball 10:00 Strtch & Joint Mvmt 11:15 Gentle Aqua 2:00 Open Swim</p>	<p>30 9:00 EVR Walkers 9:30 Muscle Strength & Toning w/free weights (30 minute class) 10:15 Aquasize 2:00 Open Swim</p>	<p>31</p>