

SUN	MON	TUE	WED	THUR	FRI	SAT
				10:00 AQUA EASE (P) 1	9:15 Music & Movement (WP3) 2 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA (C) 11:30 Music & Movement (JAR)	3
4	9:15 Music & Movement (WP3) 5 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 SHUFFLEBOARD (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 6 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C) 2:00 MAT YOGA (C)	9:15 Music & Movement (WP3) 7 9:30 AQUA AEROBICS (P) 11:30 Music & Movement (JAR) 12:00 Pool Closed for Cleaning (P)	9:00 PEAKE II (C) 8 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C)	9:15 Music & Movement (WP3) 9 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA (C) 11:30 Music & Movement (JAR) 2:30 VETERANS DAY PROGRAM (C)	10
11	9:15 Music & Movement (WP3) 12 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 SHUFFLEBOARD (C) 11:30 Music & Movement (JAR) 2:00 MAT YOGA (C)	9:00 PEAKE II (C) 13 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C)	9:15 Music & Movement (WP3) 14 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR) 12:00 Pool Closed for Cleaning (P)	9:00 PEAKE II (C) 15 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C)	9:15 Music & Movement (WP3) 16 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA (C) 11:30 Music & Movement (JAR)	17
18	9:15 Music & Movement (WP3) 19 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 SHUFFLEBOARD (C) 11:30 Music & Movement (JAR) 2:00 MAT YOGA (C)	9:00 PEAKE II (C) 20 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C)	9:15 Music & Movement (WP3) 21 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR) 12:00 Pool Closed for Cleaning (P)	Thanksgiving Day 22 12:00 NO FITNESS CLASSES (Thanksgiving)	9:15 Music & Movement (WP3) 23 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:30 Music & Movement (JAR)	24
25	9:15 Music & Movement (WP3) 26 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 SHUFFLEBOARD (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 27 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C) 2:00 MAT YOGA (C)	9:15 Music & Movement (WP3) 28 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR) 12:00 Pool Closed for Cleaning (P)	9:00 PEAKE II (C) 29 10:00 AQUA EASE (P) 10:00 BETTER BALANCE (C)	9:15 Music & Movement (WP3) 30 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA (C) 11:30 Music & Movement (JAR)	

November 2018

Wellness Calendar

The Chesapeake Retirement Community/955 Harpersville Road/Newport News, VA 23601

