

SUN	MON	TUE	WED	THUR	FRI	SAT				
ROOM KEY BR - Blue Room C - Chesapeake Room CC - Community Center FC - Fitness Center H3 - Hampton 3rd Floor Lounge H - Hampton Entrance JAR - Jamestown Activity Room P - Pool	WP3 - West Point 3rd Floor Lounge WL - Williamsburg Lounge				9:15 Music & Movement (WP3) 1 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA CANCELLED (C) 11:30 Music & Movement (JAR)	2				
3	Labor Day NO CLASS 11:30 Music & Movement (JAR)	4	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (C)	5	9:15 Music & Movement (WP3) 6 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 BALANCE CLASS (C) 11:30 Music & Movement (JAR) 2:00 PEAKE II (C)	7	10:00 AQUA EASE (P) 11:30 Music & Movement (WL)	8	9:15 Music & Movement (WP3) 8 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (C) 11:00 CHAIR YOGA (C) 11:30 Music & Movement (JAR)	9
10	9:15 Music & Movement (WP3) 11 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 12 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 13 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	14	10:00 AQUA EASE (P) 11:30 Music & Movement (WL)	9:15 Music & Movement (WP3) 15 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	16			
17	9:15 Music & Movement (WP3) 18 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 19 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 20 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	21	10:00 AQUA EASE (P) 11:30 Music & Movement (WL)	9:15 Music & Movement (WP3) 22 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	23			
24	9:00 AAW: Mingling Bingo (FC) 9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 1:00 AAW: Scavenger Hunt (BR) 2:00 PEAKE II (H3)	25	9:00 AAW: Dollars for Donuts (CC) 10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (H3) 2:00 AAW: Fitness Cafe (FC)	26	NO PEAKE II 9:15 Music & Movement (WP3) 27 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 3:00 AAW: Cookie Cook Off (C)	28	9:00 AAW: Spring Cleaning in the Fall (H) 10:00 AQUA EASE (P) 11:30 Music & Movement (WL)	29	NO CLASS 9:30 AAW: The Chesapeake 1 Miler 11:30 Music & Movement (JAR)	30

September 2017

Wellness Calendar

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

