

SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY C - Chesapeake Room H3 - Hampton 3rd Floor Lounge JAR - Jamestown Activity Room P - Pool	WP3 - West Point 3rd Floor Lounge				9:15 Music & Movement (WP3) 1 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	2
3	9:15 Music & Movement (WP3) 4 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 5 10:00 BALANCE CLASS (C) 10:00 AQUA EASE (P) 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 6 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (H3) 7 10:00 AQUA EASE (P) 10:00 Balance Exercise Class (H3)	9:15 Music & Movement (WP3) 8 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	9
10	9:15 Music & Movement (WP3) 11 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:30 Music & Movement (JAR)	10:00 AQUA EASE (P) 12 10:00 Balance Exercise Class (H3) 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 13 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (H3) 14 10:00 AQUA EASE (P) 10:00 Balance Exercise Class (H3)	9:15 Music & Movement (WP3) 15 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:30 Music & Movement (JAR)	16
17	9:15 Music & Movement (WP3) 18 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:30 Music & Movement (JAR)	10:00 BLOOD DRIVE (C) 19 10:00 AQUA EASE (P) 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 20 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 21 10:00 BALANCE CLASS (C) 10:00 AQUA EASE (P)	9:15 Music & Movement (WP3) 22 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	23
24	9:15 Music & Movement (WP3) 25 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 26 10:00 BALANCE CLASS (C) 10:00 AQUA EASE (P) 2:00 MAT YOGA (H3)	9:15 Music & Movement (WP3) 27 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CORN TOSS (C) 11:30 Music & Movement (JAR)	9:00 PEAKE II (C) 28 10:00 BALANCE CLASS (C) 10:00 AQUA EASE (P)	9:15 Music & Movement (WP3) 29 9:30 AQUA AEROBICS (P) 10:00 PEAKE I Exercise Class (C) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	30

June 2018

Wellness Calendar

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

