

| SUN       | MON  | TUE       | WED   | THUR      | FRI   | SAT       |  |           |  |           |           |
|-----------|--|-----------|---|-----------|---|-----------|--|-----------|--|-----------|-----------|
|           |  |           | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CORN TOSS (C)<br>11:30 Music & Movement (JAR) | <b>1</b>  | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)<br><b>1:00 Fitness Information Session (FC)</b>   | <b>2</b>  | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CHAIR YOGA (C)<br>11:30 Music & Movement (JAR) | <b>3</b>  |  | <b>4</b>  |           |
| <b>5</b>  | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br><b>11:00 INDOOR SHUFFLEBOARD (C)</b><br>11:30 Music & Movement (JAR) | <b>6</b>  | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)<br>2:00 MAT YOGA (H3)   | <b>7</b>  | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CORN TOSS (C)<br>11:30 Music & Movement (JAR)   | <b>8</b>  | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)  | <b>9</b>  | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CHAIR YOGA (C)<br>11:30 Music & Movement (JAR) | <b>10</b> | <b>11</b> |
| <b>12</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br>10:00 PEAKE I Exercise Class (H3)<br>11:30 Music & Movement (JAR)   | <b>13</b> | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)<br>2:00 MAT YOGA (H3)   | <b>14</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CORN TOSS (C)<br>11:30 Music & Movement (JAR)<br>12:00 Pool Closed for Cleaning (P)   | <b>15</b> | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)  | <b>16</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CHAIR YOGA (C)<br>11:30 Music & Movement (JAR) | <b>17</b> | <b>18</b> |
| <b>19</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br><b>11:00 INDOOR SHUFFLEBOARD (C)</b><br>11:30 Music & Movement (JAR) | <b>20</b> | 10:00 AQUA EASE (P)<br>2:00 MAT YOGA (H3)   | <b>21</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CORN TOSS (C)<br>11:30 Music & Movement (JAR)<br>12:00 Pool Closed for Cleaning (P)<br><b>2:00 Wellness Lecture: Nutrition &amp; Heart Health (C)</b> | <b>22</b> | 9:00 PEAKE II (H3)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (H3)  | <b>23</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CHAIR YOGA (C)<br>11:30 Music & Movement (JAR) | <b>24</b> | <b>25</b> |
| <b>26</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br><b>11:00 INDOOR SHUFFLEBOARD (C)</b><br>11:30 Music & Movement (JAR) | <b>27</b> | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)<br>2:00 MAT YOGA (H3)   | <b>28</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CORN TOSS (C)<br>11:30 Music & Movement (JAR)<br>12:00 Pool Closed for Cleaning (P)   | <b>29</b> | 9:00 PEAKE II (C)<br>10:00 AQUA EASE (P)<br>10:00 BALANCE CLASS (C)  | <b>30</b> | 9:15 Music & Movement (WP3)<br>9:30 AQUA AEROBICS (P)<br><b>10:00 PEAKE I Exercise Class (C)</b><br>11:00 CHAIR YOGA (C)<br>11:30 Music & Movement (JAR) | <b>31</b> |           |

# August 2018

## Wellness Calendar

