


SUN	MON	TUE	WED	THUR	FRI	SAT
<b>ROOM KEY</b> FC - Fitness Center MC - Memory Care PP - Pompeii Pool	<b>THE ONLY BAD WORKOUT IS THE ONE YOU DIDN'T DO.</b>	<b>1</b> New Year's Day 9:00 Balance Level II (FC) 10:00 Power Punch! (FC) 11:00 Strength & Stretching (FC) 1:00 Chair Yoga (FC) 2:00 Balance Level I (FC)	<b>2</b> 8:00 Water Aerobics (FC) 11:00 Mat Yoga (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP) 3:00 Core & Strength (FC)	<b>3</b> <b>9:00 Sip and Stretch ( )</b> 9:00 Open Swim (PP) 11:00 Blood Pressure Check (FC) 1:00 Chair Yoga (FC) 3:00 Open Lap Pool (PP)	<b>4</b> 9:00 Strength & Stretching (FC) <b>10:00 Professional Line Dancing Class with Lila Horton! (MC)</b> 11:00 Water Aerobics (FC) 11:00 Balance Level I (FC)	<b>5</b> 9:00 Hip Hop with Vinaya Saunders (FC) 10:00 Group Healing With Vinaya (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP)
<b>6</b> 9:00 Open Swim (PP)	<b>7</b> 10:00 Water Aerobics (FC) 1:00 Kimodo with Hoshi (FC) 2:00 Taekwondo with Hoshi (FC)	<b>8</b> 9:00 Balance Level II (FC) 10:00 Power Punch! (FC) 11:00 Strength & Stretching (FC) 1:00 Chair Yoga (FC) 2:00 Balance Level I (FC)	<b>9</b> 8:00 Water Aerobics (FC) 11:00 Mat Yoga (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP) 3:00 Core & Strength (FC)	<b>10</b> 9:00 Balance II (FC) 9:00 Open Swim (PP) 11:00 Blood Pressure Check (FC) 1:00 Chair Yoga (FC) 3:00 Open Lap Pool (PP)	<b>11</b> 9:00 Strength & Stretching (FC) <b>10:00 Professional Line Dancing Class with Lila Horton! (MC)</b> 11:00 Water Aerobics (FC) 11:00 Balance Level I (FC)	<b>12</b> 9:00 Hip Hop with Vinaya Saunders (FC) 10:00 Group Healing With Vinaya (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP)
<b>13</b> 9:00 Open Swim (PP)	<b>14</b> 10:00 Water Aerobics (FC) 1:00 Kimodo with Hoshi (FC) 2:00 Taekwondo with Hoshi (FC)	<b>15</b> 9:00 Balance Level II (FC) 10:00 Power Punch! (FC) 11:00 Strength & Stretching (FC) 1:00 Chair Yoga (FC) 2:00 Balance Level I (FC)	<b>16</b> 8:00 Water Aerobics (FC) 11:00 Mat Yoga (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP) 3:00 Core & Strength (FC)	<b>17</b> 9:00 Balance II (FC) 9:00 Open Swim (PP) 11:00 Blood Pressure Check (FC) 1:00 Chair Yoga (FC) 3:00 Open Lap Pool (PP)	<b>18</b> 9:00 Strength & Stretching (FC) <b>10:00 Professional Line Dancing Class with Lila Horton! (MC)</b> 11:00 Water Aerobics (FC) 11:00 Balance Level I (FC)	<b>19</b> 9:00 Hip Hop with Vinaya Saunders (FC) 10:00 Group Healing With Vinaya (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP)
<b>20</b> 9:00 Open Swim (PP)	<b>21</b> Martin Luther King Day 10:00 Water Aerobics (FC) 1:00 Kimodo with Hoshi (FC) 2:00 Taekwondo with Hoshi (FC)	<b>22</b> 9:00 Balance Level II (FC) 10:00 Power Punch! (FC) 11:00 Strength & Stretching (FC) 1:00 Chair Yoga (FC) 2:00 Balance Level I (FC)	<b>23</b> 8:00 Water Aerobics (FC) 11:00 Mat Yoga (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP) 3:00 Core & Strength (FC)	<b>24</b> 9:00 Balance II (FC) 9:00 Open Swim (PP) 11:00 Blood Pressure Check (FC) 1:00 Chair Yoga (FC) 3:00 Open Lap Pool (PP)	<b>25</b> 9:00 Strength & Stretching (FC) <b>10:00 Professional Line Dancing Class with Lila Horton! (MC)</b> 11:00 Water Aerobics (FC) 11:00 Balance Level I (FC)	<b>26</b> 9:00 Hip Hop with Vinaya Saunders (FC) 10:00 Group Healing With Vinaya (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP)
<b>27</b> 9:00 Open Swim (PP)	<b>28</b> 10:00 Water Aerobics (FC) 1:00 Kimodo with Hoshi (FC) 2:00 Taekwondo with Hoshi (FC)	<b>29</b> 9:00 Balance Level II (FC) 10:00 Power Punch! (FC) 11:00 Strength & Stretching (FC) 1:00 Chair Yoga (FC) 2:00 Balance Level I (FC)	<b>30</b> 8:00 Water Aerobics (FC) 11:00 Mat Yoga (FC) 1:00 Tai Chi with Eric (FC) 2:00 Open Swim (PP) 3:00 Core & Strength (FC)	<b>31</b> 9:00 Balance II (FC) 9:00 Open Swim (PP) 11:00 Blood Pressure Check (FC) 1:00 Chair Yoga (FC) <b>3:00 Water Volleyball (PP)</b>		

# January 2019