



Wellness Calendar December, 2018

AR = Activities Room
MR = Meeting Room
PBC = Pickle Ball Court

FH = Founder's Hall
LB = Library

FP = Founder's Hall Pool
VP = Villa Pool
PG = Paradise Grille

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1
10:15 H2O Aerobics w/Betty FP

2
1:00 Bocce Ball


3
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

4
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
8:30 Yoga w/Sylvia AR
9:15 H2O Aerobics w/Betty FP
10:00 Pickle Pals PBC
2:00 PB Advanced Play PBC

5
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
2:00 PB Advanced Play PBC

6
7:30 WAMBAM - MR
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Betty FP
2:00 PB Adv. Play Men's PBC

7
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

8
10:15 H2O Aerobics w/Betty FP


9
1:00 Bocce Ball

10
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

11
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
8:30 Yoga w/Sylvia AR
9:15 H2O Aerobics w/Betty FP
10:00 Pickle Pals PBC
2:00 PB Advanced Play PBC

12
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
2:00 PB Advanced Play PBC

13
7:30 WAMBAM - MR
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Betty FP
2:00 PB Adv. Play Men's PBC

14
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

15
10:15 H2O Aerobics w/Betty FP

16
1:00 Bocce Ball


17
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

18
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
8:30 Yoga w/Sylvia AR
9:15 H2O Aerobics w/Betty FP
10:00 Pickle Pals PBC
2:00 PB Advanced Play PBC

19
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
2:00 PB Advanced Play PBC

20
7:30 WAMBAM - MR
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Betty FP
2:00 PB Adv. Play Men's PBC

21
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

22
10:15 H2O Aerobics w/Betty FP


23
1:00 Bocce Ball
30
1:00 Bocce Ball

24 Christmas Eve
HRH Office Closed
31
New Year's Eve
HRH Office Closed

25 Christmas Day
HRH Office Closed
8:00 PB Drills/Practice PBC
8:30 Yoga w/Sylvia AR
9:15 H2O Aerobics w/Betty FP
10:00 Pickle Pals PBC
2:00 PB Advanced Play PBC

26
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
2:00 PB Advanced Play PBC

27
7:30 WAMBAM - MR
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Betty FP
2:00 PB Adv. Play Men's PBC

28
8:00 Fitness Together FH
8:00 PB Drills/Practice PBC
9:00 PB Open Play PBC
9:15 H2O Aerobics w/Dot FP
11:00 Senior Fitness Class AR
2:00 PB Advanced Play PBC

29
10:15 H2O Aerobics w/Betty FP