



# Wellness Calendar January, 2019

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

	<p><b>1</b>      New Years 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</p>	<p><b>2</b> 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</p>	<p><b>3</b> 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</p>	<p><b>4</b> 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</p>	<p><b>5</b> 10:15 H2O Aerobics w/Betty FP</p> 
<p><b>6</b> 1:00 Bocce Ball</p>	<p><b>7</b> 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</p>	<p><b>8</b>      Nutrition Class w/ Kathy Howitt AR 1 pm 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</p>	<p><b>9</b> 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</p>	<p><b>10</b> 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</p>	<p><b>11</b> 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</p> 
<p><b>13</b> 1:00 Bocce Ball National Rubber Ducky Day</p> 	<p><b>14</b> 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</p>	<p><b>15</b>      Nutrition Class w/ Kathy Howitt AR 1 pm 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</p>	<p><b>16</b> 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</p>	<p><b>17</b> 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</p>	<p><b>18</b> 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</p>
<p><b>20</b> 1:00 Bocce Ball</p>	<p><b>21</b> 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</p>	<p><b>22</b>      Nutrition Class w/ Kathy Howitt AR 1 pm 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</p>	<p><b>23</b> 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</p>	<p><b>24</b> 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</p>	<p><b>25</b> 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</p> 
<p><b>27</b> 1:00 Bocce Ball</p> 	<p><b>28</b> 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</p>	<p><b>29</b> 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</p>	<p><b>30</b> 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</p>	<p><b>31</b> 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</p>	 