



Wellness Calendar

January, 2022

AR 1 = Activities Room 1
AR 2 = Activities Room 2
AR 3 = Activities Room 3

FH = Founder's Hall
LB = Library
TC = Tennis Court

FP = Founder's Hall Pool
VP = Villa Pool

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

Success if not final;
Failure is not fatal;
It is the courage to continue that counts.
Winston S. Churchill



1


9:15 H2O Aerobics 3



2


3

8:00 Exercise Class
9:15 H2O Aerobics
9:30 Senior Fitness AR1



4

8:30 YOGA AR1
9:15 H2O Aerobics



5

8:00 Exercise Class FH
9:15 H2O Aerobics

6

7:30 WAM/BAM 3 GENS
9:15 H2O Aerobics

7

8:00 Exercise Class FH
9:15 H2O Aerobics
9:30 Senior Fitness AR1



8

9:15 H2O Aerobics 3

9

10

8:00 Exercise Class
9:15 H2O Aerobics
9:30 Senior Fitness AR1



11

8:30 YOGA AR1
9:15 H2O Aerobics




12

8:00 Exercise Class FH
9:15 H2O Aerobics

13

7:30 WAM/BAM 3 GENS
9:15 H2O Aerobics



14

8:00 Exercise Class FH
9:15 H2O Aerobics
9:30 Senior Fitness AR1

15

9:15 H2O Aerobics 3


16

17

8:00 Exercise Class
9:15 H2O Aerobics
9:30 Senior Fitness AR1

18

8:30 YOGA AR1
9:15 H2O Aerobics



19

8:00 Exercise Class FH
9:15 H2O Aerobics

20


7:30 WAM/BAM 3 GENS
9:15 H2O Aerobics

21

8:00 Exercise Class FH
9:15 H2O Aerobics
9:30 Senior Fitness AR1

22

9:15 H2O Aerobics 3




23/30

24/31

8:00 Exercise Class
9:15 H2O Aerobics
9:30 Senior Fitness AR1

25

Blood Drive
10 am FH




8:30 YOGA AR1
9:15 H2O Aerobics 2:00
Alzheimer Support FP

26

8:00 Exercise Class FH
9:15 H2O Aerobics

27

7:30 WAM/BAM 3 GENS
9:15 H2O Aerobics



28

8:00 Exercise Class FH
9:15 H2O Aerobics
9:30 Senior Fitness AR1

29

9:15 H2O Aerobics 3

