



Wellness Calendar DECEMBER 2022

AR 1 = Activities Room 1

AR 3 = Activities Room 3

FH = Founder's Hall

AR 2 A = Activities Room 2 A

LB = Library

VP = Villa Pool

AR 2 B = Activities Room 2 B

FP = Founder's Hall Pool

TC = Tennis Court

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:15 H2O Aerobics FP


2
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

3
9:15 H2O Aerobics 3 FP



5
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

6
9:15 H2O Aerobics FP

7
8:00 Exercise Class FH
9:15 H2O Aerobics FP

8
9:15 H2O Aerobics FP

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

10
9:15 H2O Aerobics 3 FP


NATIONAL HANDWASHING WEEK

11

12
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

13
9:15 H2O Aerobics FP


14
8:00 Exercise Class FH
9:15 H2O Aerobics FP

15
9:15 H2O Aerobics FP



16
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

17
9:15 H2O Aerobics 3 FP



19
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

20
9:15 H2O Aerobics FP

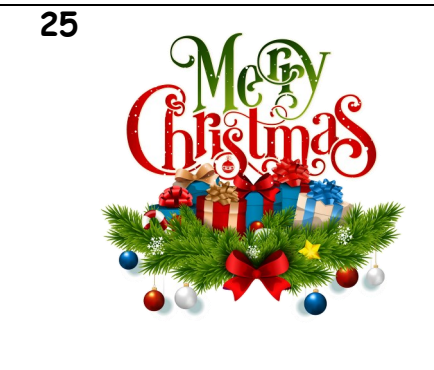

21
8:00 Exercise Class FH
9:15 H2O Aerobics FP



22
9:15 H2O Aerobics FP

23
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1

24

9:15 H2O Aerobics 3 FP

26
8:00 Exercise Class FH
9:15 H2O Aerobics FP
9:30 Senior Fitness AR1


27
9:15 H2O Aerobics FP

28
8:00 Exercise Class FH
9:15 H2O Aerobics FP

29
9:15 H2O Aerobics 3 FP


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

31
9:15 H2O Aerobics 3 FP