



# Wellness Calendar

# February 2023

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



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

2

9:15 H2O Aerobics FP



3

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

4

9:15 H2O Aerobics 3 FP

5



6

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

7

9:15 H2O Aerobics FP



8

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

9

9:15 H2O Aerobics FP

10

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

11

9:15 H2O Aerobics 3 FP

12

13

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

14

9:15 H2O Aerobics FP




15

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

16


9:15 H2O Aerobics FP



17


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

18




9:15 H2O Aerobics 3 FP

19



20



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

21

9:15 H2O Aerobics FP



22

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

23


9:15 H2O Aerobics FP

24

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

25

9:15 H2O Aerobics 3 FP



26

27

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

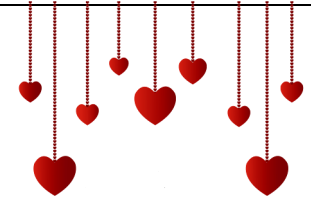


28

9:15 H2O Aerobics FP

29

30



31

32

