



Wellness Calendar

January 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 |
|--------|--------|---------|-----------|----------|--------|----------|
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|---|---|--|---|--|--|--|
| 1  | 2 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 3 9:15 H2O Aerobics FP | 4 8:00 Exercise Class FH 9:15 H2O Aerobics FP | 5 9:15 H2O Aerobics FP  | 6 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 7 9:15 H2O Aerobics 3 FP  |
| 8  | 9 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 10 9:15 H2O Aerobics FP  | 11 8:00 Exercise Class FH 9:15 H2O Aerobics FP | 12 9:15 H2O Aerobics FP  | 13 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 14 9:15 H2O Aerobics 3 FP |
| 15  | 16 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 17 9:15 H2O Aerobics FP | 18 8:00 Exercise Class FH 9:15 H2O Aerobics FP | 19 9:15 H2O Aerobics FP  | 20 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 21 9:15 H2O Aerobics 3 FP |
| 22  | 23 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 24 9:15 H2O Aerobics FP  | 25 8:00 Exercise Class FH 9:15 H2O Aerobics FP | 26 9:15 H2O Aerobics FP  | 27 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1 | 28 9:15 H2O Aerobics 3 FP  |
| 29  | 30 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:30 Senior Fitness AR1  | 31 9:15 H2O Aerobics FP |  | | |  |