

Wellness Calendar

June 2024

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

						<p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>1</p> <p>9:15 H2O Aerobics 3 FP</p> 
2	<p>3</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>4</p> <p>OneBlood Blood Drive</p> <p>10 am FH</p> <p>9:15 H2O Aerobics FP</p> 	<p>5</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>6</p> <p>7:00 WAM</p> <p>9:15 H2O Aerobics 3 FP</p>	<p>7</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>8</p> <p>9:15 H2O Aerobics 3 FP</p>	
9	<p>10</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>11</p> <p>9:15 H2O Aerobics FP</p>	<p>12</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p> 	<p>13</p> <p>7:00 WAM</p> <p>9:15 H2O Aerobics 3 FP</p>	<p>14</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>15</p> <p>9:15 H2O Aerobics 3 FP</p>	
16	<p>17</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p> 	<p>18</p> <p>9:15 H2O Aerobics FP</p>	<p>19</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>20</p>  <p>7:00 WAM</p> <p>9:15 H2O Aerobics 3 FP</p>	<p>21</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>22</p> <p>9:15 H2O Aerobics 3 FP</p>	
23/30	<p>24</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>25</p> <p>9:15 H2O Aerobics FP</p>	<p>26</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>27</p> <p>7:00 WAM</p> <p>9:15 H2O Aerobics 3 FP</p>	<p>28</p> <p>8:00 Exercise Class FH</p> <p>9:15 H2O Aerobics FP</p> <p>9:00 Chair Exercise/Yoga AR1</p>	<p>29</p> <p>9:15 H2O Aerobics FP</p>	