

# Wellness Calendar

# August 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

				1 9:15 H2O Aerobics 3 FP	2 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	3 9:15 H2O Aerobics 3 FP 
4	5 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	6 <b>OneBlood Blood Drive</b> 10 am FH 9:15 H2O Aerobics FP 	7 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	8 9:15 H2O Aerobics 3 FP	9 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	10 9:15 H2O Aerobics 3 FP
11	12 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	13 9:15 H2O Aerobics FP	14 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1 	15 9:15 H2O Aerobics 3 FP	16 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	17 9:15 H2O Aerobics 3 FP
18	19 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1 	20 9:15 H2O Aerobics FP	21 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	22  9:15 H2O Aerobics 3 FP	23 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	24 9:15 H2O Aerobics 3 FP
25	26 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	27 9:15 H2O Aerobics FP	28 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	29 9:15 H2O Aerobics FP	30 8:00 Exercise Class FH 9:15 H2O Aerobics FP 9:00 Chair Exercise/Yoga AR1	31 9:15 H2O Aerobics FP