

Wellness Calendar

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