







| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|-----------|
| <h1>August 2024 Fitness Classes</h1> | |  <p>Our Celebration of the Olympics continues this month through August 11.</p> <p>Please note our WP-related Olympic events on both sides of the calendar, designated by the Olympic rings symbol. </p> | | <p>1 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strength PAC/WPTV 11am - Balance & Stability - PAC/WPTV  1pm - First Round Olympic Ping Pong Competition - PAC</p> | <p>2 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Chair Yoga/Tai Chi PAC/WPTV  1pm - Final Round of Olympic Ping Pong Competition - PAC</p> | 3 |
| 4 | <p>5 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV  1pm - Olympic Lawn Games - Courtyard</p> | <p>6 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance/Strengthening PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC  1pm - Olympic Pool Relays</p> | <p>7 <i>Matt Off</i> 9am - Resident -led water Exercise 10am - Yoga with Deborah WPTV only 11am - Chair Yoga/Tai Chi - WPTV Only</p> | <p>8 <i>Matt Off</i> 9am - Stretch & Strengthen - WPTV Only 10am - Resistance & Strengthen WPTV Only 11am - Balance & Stability - WPTV Only</p> | <p>9 <i>Matt Off</i> 9am - Resident - led Water Exercise 10am - Yoga with Deborah PAC/WPTV 11am - Chair Yoga/Tai Chi - WPTV Only</p> | 10 |
| 11 | <p>12 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Balance & Stability PAC/WPTV</p> | <p>13 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance/Strengthening PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt</p> | <p>14 9am - Water Aerobics with Matt 10am - Yoga with Deborah - WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt</p> | <p>15 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthen PAC/WPTV 11am - Balance & Stability - PAC/WPTV 1pm - Fitness center with Matt</p> | <p>16 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Chair Yoga/Tai Chi - PAC/WPTV</p> | 17 |
| 18 | <p>19 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Balance & Stability PAC/WPTV</p> | <p>20 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance/Strengthening PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt</p> | <p>21 9am - Water Aerobics with Matt 10am - Yoga with Deborah - WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt</p> | <p>22 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthen PAC/WPTV 11am - Balance & Stability - PAC/WPTV 1pm - Fitness center with Matt</p> | <p>23 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Chair Yoga/Tai Chi - PAC/WPTV</p> | 24 |
| 25 | <p>26 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Balance & Stability PAC/WPTV</p> | <p>27 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthen Ing - PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt</p> | <p>28 9am - Water Aerobics with Matt 10am - Yoga with Deborah - WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt</p> | <p>29 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthen PAC/WPTV 11am - Balance & Stability - PAC/WPTV 1pm - Fitness center with Matt</p> | <p>30 9am - Water Aerobics with Matt 10am - Yoga with Deborah - PAC/WPTV 11am - Chair Yoga/Tai Chi - PAC/WPTV</p> | 31 |