

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	3 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt	4 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	5 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	6 9am - Water Aerobics with Matt 10am - Yoga with Deborah *Classroom* 11am - Fitness center with Matt 1pm - Walks with Matt Meet in lobby/concierge	7		
8	9 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	10 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt	11 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	12 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	13 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	14		
15	16 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	17 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt	18 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV	19 9am - Water Aerobics with Matt 1pm - Fitness center with Matt Staff Holiday Party - PAC	20 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	21		
22	23 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	24 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt	25 CHRISTMAS DAY MATT OFF NO CLASSES TODAY	26 MATT OFF 9am - Stretch & Strengthen WPTV Only 10am - Chair Yoga/Tai Chi PAC/WPTV	27 MATT OFF 9am - Self-led Water Aerobics 10am - Yoga with Deborah PAC/WPTV 11am Resistance Bands WPTV Only	28		
29	30 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	31 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am - Movement & Music with Nora - PAC 1pm - Fitness center with Matt					<h1>December 2024 Fitness Classes</h1> 	