

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Resident-led Walks Mondays, Wednesdays and Fridays at 11 a.m. Meet in the Lobby	1 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	2 9am - Resident-led water exercise 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Movement/Music with	3 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt	4 Fourth of July 9am - Resident-led water Exercise 9am - Stretch & Strengthen - WPTV Only 10am - Resistance & Strengthening WPTV Only 11am - Balance & Stability - WPTV Only	5 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Chair Yoga/Tai Chi PAC/WPTV	6		
7	8 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	9 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Open swim with Matt	10 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt	11 Matt Off 9am - Stretch & Strengthen WPTV Only 10am - Resistance & Strengthening WPTV Only 11am - Balance & Stability - WPTV Only 1pm - Movement Music & You - PAC	12 Matt Off	13		
14	15 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	16 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Open swim with Matt	17 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt	18 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Balance & Stability - WPTV 1pm - Fitness Center with Matt	19 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Chair Yoga/Tai Chi PAC/WPTV	20		
21	22 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	23 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Open swim with Matt	24 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt	25 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Balance & Stability - WPTV 1pm - Fitness Center with Matt 1 pm - Movement/Music & You PAC	26 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Chair Yoga/Tai Chi PAC/WPTV	27		
28	29 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	30 9am - Stretch & Strengthen - PAC/WPTV 10am - Resistance & Strengthening PAC/WPTV 11am - Movement/Music with Nora PAC	31 9am - Water Aerobics with Matt 10am - Yoga with Deborah WPTV Only 11am - Chair Yoga/Tai Chi - PAC/WPTV 3pm - Open swim with Matt	<div style="background-color: #e0e0e0; padding: 10px;"> <p>Ping Pong in the Game Room! </p> <p>Monday - Thursdays 4-6 p.m.</p> <p>Saturdays & Sundays 2-6 p.m.</p> </div>			<h1>July 2024</h1> <h1>Fitness Classes</h1>	