

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>May 2024 Fitness Classes</h1>			1 9am – Resident-led Water Exercise 9 a.m. - Exercise Video - PAC 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga & Tai Chi PAC/ WPTV 3pm– Open Swim	2 9am– Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am– Seated Strength w/ Bands – PAC/WPTV	3 9am – Resident-led Water Exercise 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. Open Swim	4
5	6 9am – Resident-led Water Exercise 10am– Yoga with Deborah-PAC/ WPTV 11am– Open Swim	7 9am – Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am – Seated Stretch Bands PAC/WPTV 11am - Movement/Music & You with Nora – PAC	8 9am – Resident-led Water Exercise 9am - Exercise Video - PAC 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga & Tai Chi PAC/ WPTV 3pm– Open Swim	9 9am – Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am – Seated Strength w/ Bands – PAC/WPTV	10 9am – Resident-led Water Exercise 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. - Open Swim	11
12	13 9am – Resident-led Water Exercise 10am– Yoga with Deborah-PAC/ WPTV 11am– Open Swim	14 9am– Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am – Seated Stretch Bands PAC/WPTV 11am - Movement/Music & You with Nora – PAC	15 9am – Resident-led Water Exercise 9am - Exercise Video - <u>WPTV</u> 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga & Tai Chi PAC/ WPTV 3pm– Open swim	16 9am– Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am– Seated Strength w/ Bands – PAC/WPTV	17 9am –Resident-led Water Exercise 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. - Open Swim	18
19	20 9am – Resident-led Water Exercise 10am– Yoga with Deborah-PAC/ WPTV 11am - Open Swim	21 9am – Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am – Seated Stretch Bands PAC/WPTV 11am - Movement/Music & You with Nora – PAC only	22 9am – Resident-led Water Exercise 9am - Exercise Video - PAC 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga & Tai Chi PAC/ WPTV 3pm– Open Swim	23 9am – Resident-led Water Exercise Group 9am – Balance & Strength PAC/ WPTV 10am– Seated Strength w/ Bands – PAC/WPTV	24 9am – Resident-led Water Exercise 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. Open Swim	25
26	27 Memorial Day 9am – Resident-led Water Exercise 10am– Yoga with Deborah-PAC/ WPTV 11 a.m. - Open Swim	28 9am– Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am – Seated Stretch Bands PAC/WPTV 11am - Movement/Music & You with Nora – PAC only	29 9am – Resident-led Water Exercise 9am - Exercise Video - PAC 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga & Tai Chi PAC/WPTV 3pm– Open Swim	30 9am– Resident-led Water Exercise 9am – Balance & Strength PAC/ WPTV 10am– Seated Strength w/ Bands – PAC/ WPTV	31 9am –Resident-led Water Exercise 10 am –Yoga with Deborah - PAC/WPTV 11 a.m. Open Swim	