	Sun	Mon	Tue	Wed	Thu	
	100			<i>1</i> 9am – Resident-led Water	2	3
	May	2024 F	itness	9am – Resident-led Water Exercise 9 a.m Exercise Video - PAC	9am– Resident-led Water Exercise	9am
	0			10am – Yoga with Deborah WPTV Only	9am – Balance & Strength PAC/ WPTV	10 ai
		Classes		11am – Chair Yoga &Tai Chi PAC/ WPTV 3pm– Open Swim	10am– Seated Strength w/ Bands – PAC/WPTV	11 a.
5		6	7	8	9	10
		9am – Resident-led Water Exercise	9am – Resident-led Water Exercise 9am – Balance & Strength	9am – Resident-led Water Exercise 9am - Exercise Video - PAC	9am – Resident-led Water Exercise	9am
		10am– Yoga with Deborah- PAC/ WPTV	PAC/ WPTV 10am – Seated Stretch Bands	10am – Yoga with Deborah WPTV Only	9am – Balance & Strength PAC/ WPTV	10 ai
		11am– Open Swim	PAC/WPTV 11am - Movement/Music & You with Nora – PAC	11am – Chair Yoga &Tai Chi PAC/ WPTV	10am – Seated Strength w/ Bands – PAC/WPTV	11 a.
10		10		3pm– Open Swim	17	
12		13	14 9am– Resident-led Water Exercise	15 9am – Resident-led Water	16	17
		9am – Resident-led Water Exercise	9am – Balance & Strength PAC/ WPTV	Exercise 9am - Exercise Video - <u>WPTV</u>	9am– Resident-led Water Exercise	9am
		10am– Yoga with Deborah- PAC/ WPTV	10am – Seated Stretch Bands PAC/WPTV	10am – Yoga with Deborah WPTV Only	9am – Balance & Strength PAC/ WPTV	10 ai
		11am– Open Swim	11am - Movement/Music & You with Nora – PAC	11am – Chair Yoga &Tai Chi PAC/ WPTV 3pm– Open swim	10am– Seated Strength w/ Bands – PAC/WPTV	11 a.
19		20	21	22	23	24
19		20	21 9am – Resident-led Water	9am – Resident-led Water	23	24
		9am – Resident-led Water Exercise	Exercise 9am – Balance & Strength	Exercise 9am - Exercise Video - PAC	9am – Resident-led Water Exercise Group	9am
		10am– Yoga with Deborah- PAC/ WPTV	PAC/ WPTV 10am – Seated Stretch Bands	10am – Yoga with Deborah WPTV Only	9am – Balance & Strength PAC/ WPTV	10 ai
		11am - Open Swim	PAC/WPTV 11am - Movement/Music &	11am – Chair Yoga &Tai Chi PAC/ WPTV	10am– Seated Strength w/ Bands – PAC/WPTV	11
			You with Nora – PAC only	3pm– Open Swim		11 a.
26		27 Memorial Day	28	29	30	31
		9am – Resident-led Water	9am– Resident-led Water Exercise	9am – Resident-led Water Exercise	9am– Resident-led Water Exercise	9am
		Exercise 10am– Yoga with Deborah- PAC/ WPTV	9am – Balance & Strength PAC/ WPTV 10am – Seated Stretch Bands	9am - Exercise Video - PAC 10am – Yoga with Deborah WPTV Only	9am – Balance & Strength PAC/ WPTV	10 ai
		11 a.m Open Swim	PAC/WPTV 11am - Movement/Music & You with Nora – PAC only	11am – Chair Yoga &Tai Chi PAC/WPTV 3pm– Open Swim	10am– Seated Strength w/ Bands – PAC/ WPTV	11 a.

Fri	Sat
	4
n – Resident-led Water Exercise	
um –Yoga with Deborah - PAC/WPTV	
a.m. Open Swim	
	11
n – Resident-led Water Exercise	
nm –Yoga with Deborah - PAC/WPTV	
n.m Open Swim	
	18
n –Resident-led Water Exercise	
m –Yoga with Deborah - PAC/WPTV	
n.m Open Swim	
	25
n – Resident-led Water Exercise	
um –Yoga with Deborah - PAC/WPTV	
n.m. Open Swim	
n –Resident-led Water Exercise	
nm –Yoga with Deborah - PAC/WPTV	
n.m. Open Swim	