

Sun

Mon

Tue

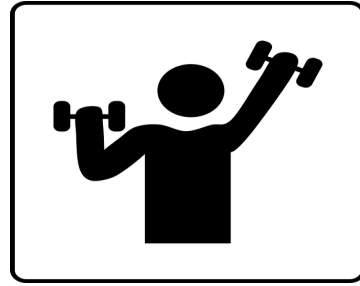
Wed

Thu

Fri

Sat

November 2024 Fitness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	2
3	4 9am - Water Aerobics with Matt 10am - Yoga with Deborah 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 11am - Open swim with Matt 11am Movement Music & You with Nora 11am - PAC 1pm - Fitness center with Matt	6 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	7 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	8 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	9
10	11 VETERANS DAY 9am - Water Aerobics with Matt 10am - Yoga with Deborah 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 11am - Open swim with Matt 11am - Movement Music & You with Nora 11am - PAC 1pm - Fitness center with Matt	13 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	14 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	15 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	16
17	18 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	19 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am Movement Music & You with Nora 11am - PAC 1pm - Fitness center with Matt	20 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	21 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	22 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt Meet in lobby/concierge	23
24	25 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	26 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 11am - Open swim with Matt 11am Movement Music & You with Nora 11am - PAC 1pm - Fitness center with Matt	27 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	28 THANKSGIVING MATT OFF 9am - Stretch & Strengthen WPTV Only 10am - Chair Yoga/Tai Chi WPTV Only	29 MATT OFF 9am - Self-led Water Exercise 10am - Yoga with Deborah <u>WPTV only</u>	30