

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 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	<b>2</b> 9am - Water Aerobics with Matt  10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>3</b> 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	<b>4</b> 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt - Meet in lobby/concierge	<b>5</b>
<b>6</b>	<b>7</b> 9am - Water Aerobics with Matt  10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>8</b> 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	<b>9</b> 9am - Water Aerobics with Matt  10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>10</b> 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	<b>11</b> 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt - Meet in lobby/concierge	<b>12</b>
<b>13</b>	<b>14 COLUMBUS DAY</b> 9am - Water Aerobics with Matt  10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	<b>15</b> 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	<b>16</b> 9am - Water Aerobics with Matt  10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>17</b> 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt	<b>18</b> 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only 1pm - Walks with Matt - Meet in lobby/concierge	<b>19</b>
<b>20</b>	<b>21</b> 9am - Water Aerobics with Matt  10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>22</b> 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	<b>23</b> 9am - Water Aerobics with Matt  10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>24 MATT OFF</b>  9am - Stretch & Strengthen WPTV Only 10am - Chair Yoga/Tai Chi WPTV Only	<b>25 MATT OFF</b> 9am - Resident - Led Water Aerobics  10am - Yoga with Deborah PAC/WPTV	<b>26</b>
<b>27</b>	<b>28</b> 9am - Water Aerobics with Matt  10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	<b>29</b> 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	<b>30</b> 9am - Water Aerobics with Matt  10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	<b>31</b> 9am - Stretch & Strengthen PAC/WPTV 10am - Chair Yoga/Tai Chi PAC/WPTV 1pm - Fitness center with Matt		