

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LABOR DAY MATT OFF 9am - Resident -led Water aerobics 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability WPTV Only	3 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	4 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	5 MATT OFF 9am - Stretch & Strengthen WPTV Only 10am - Chair Yoga/Tai Chi WPTV Only	6 MATT OFF 9am - Resident-led Water Aerobics 10am - Yoga with Deborah PAC/WPTV	7
8	9 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	10 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	11 9am - Water Aerobics with Matt 10am - Resistance Bands PAC/WPTV 11am - Balance & Stability PAC/WPTV 3pm - Open swim with Matt	12 9am - Stretch & Strengthen WPTV Only 10am - Chair Yoga/Tai Chi WPTV Only <i>Matt will be attending employee training/orientation.</i>	13 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only	14
15	16 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	17 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	18 9am - Water Aerobics with Matt 10am - Resistance Bands 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 1pm - Fitness center with Matt	20 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only	21
22	23 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV	24 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	25 9am - Water Aerobics with Matt 10am - Resistance Bands 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 1pm - Fitness center with Matt	27 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Circuit Flow PAC Only	28
29	30 9am - Water Aerobics with Matt 10am - Yoga with Deborah PAC/WPTV 11am - Balance & Stability PAC/WPTV			<h1>September 2024 Fitness Classes</h1>		