GYM OPEN 24/7 FOR RESIDENTS
FITNESS ROOM OPEN 24/7 FOR RESIDENTS

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5-8 P Open Swim		2-5 P Open Swim	5-8 P Open Swim	9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 10A-COFFEE CHAT-PL 1	1-5 OPEN SWIM 2
3	9A-1P PICKLEBALL – GYM 11A SIT AND BE FIT – FC 4	10A-WATER AEROBICS 11A-SIT AND BE FIT – FC 5	9A-1P-OPEN PICKLEBALL – GYM 11A-SIT AND BE FIT – FC 6	10A-WATER AEROBICS 630P-WATER ZUMBA 7	9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 8	1-5 OPEN SWIM 9
Spring Break Week Pool Open Til 5PM 10	9A-1P PICKLEBALL – GYM 11A SIT AND BE FIT – FC 11	10A-WATER AEROBICS 11A-SIT AND BE FIT – FC 12	9A-1P-OPEN PICKLEBALL – GYM 11A-SIT AND BE FIT – FC 13	9A-1P-OPEN PICKLEBALL – GYM 12P-BACKYARD GAMES-GYM 14	9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 15	1-5 OPEN SWIM 16
17	9A-1P PICKLEBALL – GYM 11A SIT AND BE FIT – FC 18	10A-WATER AEROBICS 11A-SIT AND BE FIT – FC 19	9A-1P-OPEN PICKLEBALL – GYM 11A-SIT AND BE FIT – FC 20	10A-WATER AEROBICS 21	9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 22	10-5 OPEN SWIM 23
24	9A-1P PICKLEBALL – GYM 11A SIT AND BE FIT – FC 25	10A-WATER AEROBICS 11A-SIT AND BE FIT – FC 26	9A-1P-OPEN PICKLEBALL – GYM 11A-SIT AND BE FIT – FC 27	10A-WATER AEROBICS 12P-CHIPPER GOLF 28	9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 29	1-5 OPEN SWIM 30
31		1P-3P-BILLIARDS AND FELLOWSHIP			KEY GYM – GYM FITNESS CENTER – FC CORRIDOR – CD (THIS IS THE AREA BETWEEN TC AND THE POOL – WHERE THE PING PONG TABLE IS)	

Wellness Calandar