

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

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	5-8 P Open Swim	1P-3P-BILLIARDS AND FELLOWSHIP		5-8 P Open Swim		AT THE pool
	1 9A-1P PICKLEBALL - GYM 11A SIT AND BE FIT - FC	2 10A-WATER AEROBICS 11A-SIT AND BE FIT - FC	3 9A-1P-OPEN PICKLEBALL - GYM 11A-SIT AND BE FIT - FC	4 10A-WATER AEROBICS	5 9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL 10A-COFFEE CHAT-PL	6 1-5 OPEN SWIM
7	8 9A-1P PICKLEBALL - GYM 11A SIT AND BE FIT - FC	9 10A-WATER AEROBICS 11A-SIT AND BE FIT - FC	10 9A-1P-OPEN PICKLEBALL - GYM 11A-SIT AND BE FIT - FC	11 10A-WATER AEROBICS	12 9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL	13 1-5 OPEN SWIM
14	15 9A-1P PICKLEBALL - GYM 11A SIT AND BE FIT - FC	16 10A-WATER AEROBICS 11A-SIT AND BE FIT - FC	17 9A-1P-OPEN PICKLEBALL - GYM 11A-SIT AND BE FIT - FC	18 9A-1P-OPEN PICKLEBALL 10A-WATER AEROBICS - GYM 12P-BACKVARD GAMES-GYM	19 9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL	20 1-5 OPEN SWIM
21	22 9A-1P PICKLEBALL - GYM 11A SIT AND BE FIT - FC	23 10A-WATER AEROBICS 11A-SIT AND BE FIT - FC	24 9A-1P-OPEN PICKLEBALL - GYM 11A-SIT AND BE FIT - FC	25 10A-WATER AEROBICS 12P-CHIPPER GOLF	26 9A-1P-OPEN PICKLEBALL-GYM 8A-WALKING CLUB-PL	27 1-5 OPEN SWIM
28	29 9A-1P PICKLEBALL - GYM 11A SIT AND BE FIT - FC	30 10A-WATER AEROBICS 11A-SIT AND BE FIT - FC	WEDNESDAYS 2-5 P Open Swim		KEY GYM - GYM FITNESS CENTER - FC CORRIDOR - CD (THIS IS THE AREA BETWEEN TC AND THE POOL - WHERE THE PING PONG TABLE IS)	POOL HOURS 6-2 M-F

Wellness Calendar