

Glen Oaks September 2021 Wellness Calendar

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY THEATER – TR GYM – GYM COMMUNITY ROOM – CR Fitness Center - FC					HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p	
HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p	Monday's and Wednesdays Sit and Be Fit In the Fitness Center 9:30 – 10:00		1 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	2 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	3 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim (Hot Tub closed for maintenance)	4 <i>POOL OPEN 1-5</i>
5 Fitness Center Open 24/7 for Residents Gym Open 24/7 for Residents	6 CLOSED FOR LABOR DAY	7 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	8 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	9 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	10 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	11 <i>POOL OPEN 1-5</i>
12	13 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	14 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	15 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	16 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	17 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim (Hot tub closed for maintenance)	18 <i>POOL OPEN 1-5</i>
19 Sunday Funday	20 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	21 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	22 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	23 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	24 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	25 <i>POOL OPEN 1-5</i>
26 Suggestions for Group Activities? Let Steven Story know...641-355-1240	27 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	28 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	29 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim 9:30a – Sit and Be Fit - FC	30 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim		