

# February 2024

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|   |   |  |   |  |  |  |
|---|---|--|---|--|--|--|
|   | <br><b>5-8 P</b><br><b>Open Swim</b>   | <b>1P-3P-BILLIARDS<br/>AND<br/>FELLOWSHIP</b>                      | <b>2-5 P</b><br><b>Open Swim</b>         | <b>5-8 P</b><br><b>Open Swim</b>  | <b>9A-1P-OPEN<br/>PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b><br><b>10A-COFFEE CHAT-PL</b> 2                   |  <b>1-5<br/>OPEN<br/>SWIM</b> 3   |
| 4   | <b>9A-1P PICKLEBALL -<br/>GYM</b><br><b>11A SIT AND BE FIT -<br/>FC</b> 5   | <b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT -<br/>FC</b> 6  | <b>9A-1P-OPEN<br/>PICKLEBALL<br/>- GYM</b><br><b>11A-SIT AND BE FIT<br/>- FC</b> 7  | <b>9A-1P-OPEN<br/>PICKLEBALL<br/>- GYM</b><br><b>12P-BACKYARD<br/>GAMES-GYM</b><br><b>630- WATER ZUMBA</b> 8         | <b>9A-1P-OPEN<br/>PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b> 9  |  <b>1-5<br/>OPEN<br/>SWIM</b> 10  |
| <b>KAYAKING 11-1</b><br> | <b>9A-1P PICKLEBALL -<br/>GYM</b><br><b>11A SIT AND BE FIT -<br/>FC</b> 12  | <b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT -<br/>FC</b> 13 | <b>HAPPY<br/>Valentine's<br/>DAY</b><br><b>9A-1P-OPEN<br/>PICKLEBALL<br/>- GYM</b><br><b>11A-SIT AND BE FIT<br/>- FC</b> 14 | <b>10A-WATER<br/>AEROBICS</b><br><b>630P-WATER<br/>ZUMBA</b> 15  | <b>9A-1P-OPEN<br/>PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b> 16   |  <b>1-5<br/>OPEN<br/>SWIM</b> 17  |
| 18  | <br><b>9A-1P PICKLEBALL -<br/>GYM</b><br><b>11A SIT AND BE FIT -<br/>FC</b> 19 | <b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT -<br/>FC</b> 20 | <b>9A-1P-OPEN<br/>PICKLEBALL<br/>- GYM</b><br><b>11A-SIT AND BE FIT<br/>- FC</b> 21   | <b>10A-WATER<br/>AEROBICS</b><br><b>630P-WATER<br/>ZUMBA</b> 22  | <b>9A-1P-OPEN<br/>PICKLEBALL-GYM</b><br><b>8A-WALKING CLUB-PL</b> 23   |  <b>1-5<br/>OPEN<br/>SWIM</b> 24  |
| <b>KAYAKING 11-1</b><br> | <b>9A-1P PICKLEBALL -<br/>GYM</b><br><b>11A SIT AND BE FIT -<br/>FC</b> 26  | <b>10A-WATER AEROBICS</b><br><b>11A-SIT AND BE FIT -<br/>FC</b> 27 | <b>9A-1P-OPEN<br/>PICKLEBALL<br/>- GYM</b><br><b>11A-SIT AND BE FIT<br/>- FC</b> 28   | <b>10A-WATER<br/>AEROBICS</b><br><b>12P-CHIPPER<br/>GOLF</b><br><b>630P-WATER<br/>ZUMBA</b> 29                       | <b>Leap Year<br/>2024</b><br> | <b>KEY</b><br><b>GYM - GYM</b><br><b>FITNESS CENTER - FC</b><br><b>CORRIDOR - CD (THIS IS THE<br/>AREA BETWEEN TC AND THE<br/>POOL - WHERE THE PING<br/>PONG TABLE IS)</b> |

## Wellness Calendar