

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sunday
8:00am-9:30 am Open Swim	8:00am-3:45 pm Open Swim	8:00-10:00am Open Swim	8:00-9:30am Open Swim	8:00-10:00 am Open Swim	8 am -12:45 pm 5pm—8 pm Open Swim
9:30am-10:15am Aqua Class Low/Moderate	9:30-10:30 am Seated Yoga at CORNELIA w/ Stephanie	9:30am TAI CHI TERR - 5th floor	9:30am-10:30am Seated Yoga in Otto Hall w/ Stephanie	9:00am YMCA (CH) Functional Fitness	10:00am Chair Exercises—SEA
10 am Group Exercise 2nd Floor Library	10 am CHAIR TAI CHI—IPC 2nd floor library	10:00am STRENGTHENING HULA HOOP Rhodes Room	9:30am-10:15am Aqua Class Moderate/High	9:30am TAI CHI TERR -5th Floor	10 am Stronger Seniors DVD Rhodes Room
10:30am-3:45pm Open Swim	10am Chair Exercise SEABURY	10:30-11:15 am Becketwood Aqua Class	10:00am Chair Exercise SEABURY	10:00-10:45am Aqua Slow Flow	11:45am LET'S DANCE ATRIUM
11:00—11:45 am Laughter Yoga (2nd Monday) CORNELIA	11:00 am Walk for Wellness (Katy's Cottage)	11:30am-3:45pm Open Swim	10:30am-8 pm Open Swim	10:00am Ageless Grace- Movement/Music Katy's Cottage	1:30 pm IPC Courtyard Walk AMI Swim School 1 pm—5 pm
3:00pm SEATED SPORTS 1st Floor W Lounge	1:30 pm SEATED DANCE 1st Floor W Lounge	1:30 pm NOODLE EXERCISE Rhodes Room	11:00 am Walk for Wellness (Katy's Cottage)	10:00am Thera-Band Stretching Rhodes Room	SUNDAY 8:00 am-8:00pm Open Swim
AMI Swim School 4-8 pm	AMI Swim School 4-8 pm	3:30 pm STRETCHING Katy's Cottage	11:45am LET'S DANCE! OTTO Hall	10:45am-8 pm Open Swim 5pm Wii Bowling 1st Floor West Lounge-IPC	1:30 pm Wii Bowling 1st floor W Lounge 5 pm Putting Green 1st floor W Lounge