


# January

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p style="text-align: right;">1</p> 	<p style="text-align: right;">2</p> <p><b>8:30 – 9:20 AM</b> Thrive Circuit Training (FC)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (CF)</p> <p><b>10:30 – 11:15 AM</b> Relax and Restore: Chair YOGA (FC)</p> <p><b>10:30 – 11:15 AM</b> Aqua Ballet (P)</p> <p><b>11:20 – 11:50 AM</b> Meditation (FC)</p> <p><b>3:00 – 3:30 PM</b> Movement Puzzles (FC)</p>	<p style="text-align: right;">3</p> <p><b>8:30 – 9:00 AM</b> Aqua Aerobics (P)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:00 – 10:30 AM</b> Happy Feet Line Dance (FC)</p> <p><b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC)</p> <p><b>2:00 – 2:45 PM</b> Aqua Stretch (P)</p> <p><b>2:30 – 3:00 PM</b> Better Balance</p>	<p style="text-align: right;">4</p> <p><b>8:30 – 9:00 AM</b> Thrive Circuit Training (FC)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max)</p> <p><b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)</p>	<p style="text-align: right;">5</p> <p><b>10:30 – 11:15 AM</b> Relax and Restore Chair YOGA</p>

6	7 <b>8:30 – 9:20 AM</b> Thrive Circuit Training (FC) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:15 AM</b> Stretch `n Strengthen: Floor-to-Standing YOGA (FC) <b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC) <b>2:00 – 2:45 PM</b> Social Dancing (FC)	8 <b>8:30 – 9:00 AM</b> Aqua Aerobics (P) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max) <b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC) <b>2:00 – 2:45 PM</b> Aqua Ballet (P) <b>2:30 – 3:00 PM</b> Better Balance	9 <b>8:30 – 9:20 AM</b> Thrive Circuit Training (FC) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:15 AM</b> Relax and Restore: Chair YOGA (FC) <b>10:30 – 11:15 AM</b> Aqua Ballet (P) <b>11:20 – 11:50 AM</b> Meditation (FC) <b>3:00 – 3:30 PM</b> Movement Puzzles (FC)	10 <b>8:30 – 9:00 AM</b> Aqua Aerobics (P) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:00 – 10:30 AM</b> Happy Feet Line Dance (FC) <b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC) <b>2:00 – 2:45 PM</b> Aqua Stretch (P) <b>2:30 – 3:00 PM</b> Better Balance	11 <b>8:30 – 9:00 AM</b> Thrive Circuit Training (FC) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max) <b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)	12 <b>10:30 – 11:15 AM</b> Relax and Restore Chair YOGA
13	14 <b>8:30 – 9:20 AM</b> Thrive Circuit Training (F) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F) <b>10:30 – 11:15 AM</b> Stretch `n Strengthen: Floor-to-Standing YOGA (F) <b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (F) <b>2:00 – 2:45 PM</b> Social Dancing (F)	15 <b>8:30 – 9:00 AM</b> Aqua Aerobics (P) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max) <b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC) <b>2:00 – 2:45 PM</b> Aqua Ballet (P) <b>2:30 – 3:00 PM</b> Better Balance	16 <b>8:30 – 9:20 AM</b> Thrive Circuit Training (F) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F) <b>10:30 – 11:15 AM</b> Relax and Restore: Chair YOGA (F) <b>10:30 – 11:15 AM</b> Aqua Ballet (P) <b>11:20 – 11:50 AM</b> Meditation (F) <b>3:00 – 3:30 PM</b> Movement Puzzles (F)	17 <b>8:30 – 9:00 AM</b> Aqua Aerobics (P) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:00 – 10:30 AM</b> Happy Feet Line Dance (FC) <b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC) <b>2:00 – 2:45 PM</b> Aqua Stretch (P) <b>2:30 – 3:00 PM</b> Better Balance	18 <b>8:30 – 9:00 AM</b> Thrive Circuit Training (FC) <b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC) <b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max) <b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)	19 <b>10:30 – 11:15 AM</b> Relax and Restore Chair YOGA

<p>20</p> <p><b>8:30 – 9:20 AM</b> Thrive Circuit Training (F)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F)</p> <p><b>10:30 – 11:15 AM</b> Stretch `n Strengthen: Floor-to-Standing YOGA (F)</p> <p><b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (F)</p> <p><b>2:00 – 2:45 PM</b> Social Dancing (F)</p>	<p>21</p> <p><b>8:30 – 9:00 AM</b> Aqua Aerobics (P)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max)</p> <p><b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)</p> <p><b>2:00 – 2:45 PM</b> Aqua Ballet (P)</p> <p><b>2:30 – 3:00 PM</b> Better Balance</p>	<p>22</p> <p><b>8:30 – 9:20 AM</b> Thrive Circuit Training (F)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F)</p> <p><b>10:30 – 11:15 AM</b> Relax and Restore: Chair YOGA (F)</p> <p><b>10:30 – 11:15 AM</b> Aqua Ballet (P)</p> <p><b>11:20 – 11:50 AM</b> Meditation (F)</p> <p><b>3:00 – 3:30 PM</b> Movement Puzzles (F)</p>	<p>23</p> <p><b>8:30 – 9:00 AM</b> Aqua Aerobics (P)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:00 – 10:30 AM</b> Happy Feet Line Dance (FC)</p> <p><b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC)</p> <p><b>2:00 – 2:45 PM</b> Aqua Stretch (P)</p> <p><b>2:30 – 3:00 PM</b> Better Balance</p>	<p>24</p> <p><b>8:30 – 9:00 AM</b> Thrive Circuit Training (FC)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max)</p> <p><b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)</p>	<p>25</p> <p><b>10:30 – 11:15 AM</b> Relax and Restore Chair YOGA</p>	<p>26</p>
<p>27</p> <p><b>8:30 – 9:20 AM</b> Thrive Circuit Training (F)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F)</p> <p><b>10:30 – 11:15 AM</b> Stretch `n Strengthen: Floor-to-Standing YOGA (F)</p> <p><b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (F)</p> <p><b>2:00 – 2:45 PM</b> Social Dancing (F)</p>	<p>28</p> <p><b>8:30 – 9:00 AM</b> Aqua Aerobics (P)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:30 – 11:00 AM</b> Strength Circuit (FC) (sign-up required-5 ppl max)</p> <p><b>11:30 – 12:00 PM</b> Staff Stretch and Reset (FC)</p> <p><b>2:00 – 2:45 PM</b> Aqua Ballet (P)</p> <p><b>2:30 – 3:00 PM</b> Better Balance</p>	<p>29</p> <p><b>8:30 – 9:20 AM</b> Thrive Circuit Training (F)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (F)</p> <p><b>10:30 – 11:15 AM</b> Relax and Restore: Chair YOGA (F)</p> <p><b>10:30 – 11:15 AM</b> Aqua Ballet (P)</p> <p><b>11:20 – 11:50 AM</b> Meditation (F)</p> <p><b>3:00 – 3:30 PM</b> Movement Puzzles (F)</p>	<p>30</p> <p><b>8:30 – 9:00 AM</b> Aqua Aerobics (P)</p> <p><b>9:30 – 10:00 AM</b> Thrive Seated Circuit (FC)</p> <p><b>10:00 – 10:30 AM</b> Happy Feet Line Dance (FC)</p> <p><b>11:30 – 12:00 PM</b> ALU Supervised Strength (sign-up required) (FC)</p> <p><b>2:00 – 2:45 PM</b> Aqua Stretch (P)</p> <p><b>2:30 – 3:00 PM</b> Better Balance</p>	<p>31</p>		

FC = Fitness Center

ALU = Assisted Living Based Class

P = Pool

**\*\*\*Please contact Fitness Center Staff for details**