

OPC Social & Activity Center

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 10:00a Aqua Balance & Stability/Wed - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Late Bloomers Gardening Club - Patio Garden	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / Thu - Therapy Pool 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Low Impact/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic 10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool 10:00a Gift Shop 10:00am-2:00pm - Gift Shop	BUILDING CLOSED	BUILDING CLOSED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			10:15a Core Strength/Wed - Group Exercise 2 - McCardell 10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic 11:00a Pickleball Inter. /Wed 11A - Gym 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Euchre TOURNAMENT- Members - CR 2,CR 1 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Chinese Mah-Jong - CR 3 12:30p Euchre Wednesdays - CR 2,CR 1 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence - Group Exercise 2 - McCardell 12:30p Ten - Card Game - Library 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Small Group Pottery 1 P.M. - Pottery Rm 01:00p Table Tennis - Gym 01:30p Qi Gong - Group Exercise 1 - KW Aerobic	10:00a OMP Euchre Drop-In - CR 1 10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic 10:30a French Conversation Group - CR 2 10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell 10:30a Spanish Conversation Group - CR 3 10:30a Yoga 26/2 - Group Exercise 3 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1 12:30p Pickleball Advanced Drop-in Play - Gym 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Pickleball 301: Skills & Drills - Gym 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 04:30p Small Group Pottery - Pottery Rm 05:30p Parkinsons Support Group - Dining Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary- THURSDAY - Studio 1, Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 06:00p Badminton - Gym 06:00p Box Fit - Gym		
5	6	7	8	9	10	11
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Gym/T Th - Gym 08:00a Sunrise Yoga/Tues - Group Exercise 3	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Pickleball Ladder A&B /F - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1, Studio 2	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a The Deep/Tues - Lap Pool	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:45a Lapidary SATURDAY - Studio 1,Studio 2
	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Spanish Class Progressive - CR 2	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Water Works / Thu - Therapy Pool	09:00a Woodshop - Woodshop	09:30a Tap Dance-Level 1 BEGINNER - Aud-Back,Aud-Front
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Thursdays - Conference B	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	10:00a Guitar Group Saturday - Dining Rm
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:30a PC One on One Technology Help - Library	09:00a Woodshop - Woodshop	09:30a Watercolor w/Meg-Beginning Watercolor - Studio 3	11:00a Tap Dance-Level 2 FRESHMAN - Aud-Back,Aud-Front
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	09:30a Womens Chit Chat - Dining Rm	11:00a Volleyball All Lvl/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Pickleball 102: Mentor Games - Gym	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Fri - Therapy Pool	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Hatha Yoga - Group Exercise 3	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	12:30p Tap Dance-Level 3 INTERMEDIATE - Aud-Back,Aud-Front
	09:45a German Intermediate Class - CR 3	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Chess for Beginners - CR 1	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Bridge Drop In Tuesday - CR 1	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a OMP Euchre Drop-In - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Pickleball Ladder C /Th - Gym	10:30a Financial FridayWomen, Wealth & Wisdom - CR 1	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	10:30a Yin Yoga - Group Exercise 3	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	11:00a HURON LADY 2 CRUISE Day Trips - Aud-Back,Aud-Front	10:30a French Conversation Group - CR 2	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:00a Technology Club - CR 2,CR 3	11:00a Pickleball Inter. /Wed 11A - Gym	10:30a Functionally Fit/Thurs - Group Exercise 2 - McCardell		
		10:15a Aqua Yoga/Tues - Therapy Pool				
		10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	10:30a French Absolute Beginner Class (Progressive) - CR 1 10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic 10:30a Spanish Absolute Beginner - CR 3 11:00a Pickleball All Levels - Gym 11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic 11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell 12:00p Lunch With Friends - Dining Rm 12:30p American Mah-Jong - CR 1 12:30p Bridge Drop-In Monday - CR 3 12:30p Bunco - CR 2 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p PWR! Boxing - Group Exercise 2 - McCardell 12:30p Samba Card Game - Library 12:30p Weight Room Orientation - Cardio/Weights 01:00p Line Dance - Aud-Back,Aud-Front 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Open Studio - Crafting Together - Studio 1,Studio 2	10:30a Restorative Yoga - Group Exercise 3 11:00a Gone Country Music Group - Aud-Back,Aud-Front 11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell 11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic 12:00p 1/2 Court Basketball - Gym 12:00p Basketball Shoot Around - Gym 12:00p Lunch With Friends - Dining Rm 12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell 12:45p German Conversation Group - CR 1 01:00p India Conversation Group - CR 2 01:00p Open Studio - Independent Art Studio Drop-In - Studio 3 01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Sweet Beats - Aud-Back,Aud-Front 01:30p Guitar Group Tuesday - Dining Rm 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	11:00a Veterans Connection-Annual BBQ - Dining Rm 11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell 11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:30p Chinese Mah-Jong - CR 3 12:30p Euchre Wednesdays - CR 2,CR 1 12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic 12:30p Strength and Confidence - Group Exercise 2 - McCardell 12:30p Ten - Card Game - Library 01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool 01:00p Memory Card Paper Craft - Studio 1,Studio 2 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Small Group Pottery 1 P.M. - Pottery Rm 01:00p Table Tennis - Gym 01:30p Qi Gong - Group Exercise 1 - KW Aerobic 02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool 02:00p Pickleball 301: Skills & Drills - Gym 02:00p Stained Glass Class: Dave & Diane - Woodshop	10:30a Spanish Conversation Group - CR 3 10:30a Yoga 26/2 - Group Exercise 3 11:00a Beginner Music Series Lessons - Piano - CR 4 11:00a Beginner Music Step 3: Piano - CR 4 11:00a Beginner Music Step Two: Piano - CR 4 11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell 11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic 12:00p Lunch With Friends - Dining Rm 12:00p Watercolor w/Meg-Down the Garden Path - Studio 1,Studio 2 12:30p American Canasta - Library 12:30p American Mah Jong Beginner - CR 2 12:30p Duplicate Bridge - CR 1 12:30p Pickleball Advanced Drop-in Play - Gym 12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm 12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell 01:00p Beginner Music Level 2: Guitar Class - CR 4 01:00p Beginner Music Series Lessons - Guitar - CR 4	11:30a Functionally Fit/F - Group Exercise 2 - McCardell 11:30a Soup and Salad bar - Dining Rm 12:00p Lunch With Friends - Dining Rm 12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic 12:30p Bridge American Standard Fridays - CR 2 12:30p Hand & Foot variation of Canasta - Library 12:30p Mexican Train Dominoes - CR 3 12:30p Pinochle - CR 1 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Novice Pickleball/2:30-4:00 PM - Gym	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	01:00p Table Tennis - Gym 01:00p Zentangle-Projects & Techniques-Fun with Templates - Studio 3 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p POUND Fitness - Group Exercise 2 - McCardell 01:30p Weight Room Orientation B - Weight Rm 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movement Party - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - Gym 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Heartfulness Meditation - Conference B	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell 02:45p Small Group Swim Lessons 2:45PM - Lap Pool 03:00p French Intermediate Progressive Class - CR 1 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	02:00p Woodshop Safety - Woodshop 02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 04:30p Small Group Pottery - Pottery Rm 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:30p Board Games w/Bill - CR 3 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball Drop-in Play - Gym 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary- THURSDAY - Studio 1, Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 05:30p Vines & Vibes-MEMBER - Dining Rm 05:30p Vines & Vibes-NONMEMBER - Dining Rm 06:00p Badminton - Gym 06:00p Box Fit - Gym		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool					
12	13	14	15	16	17	18
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Woodshop - Woodshop 09:30a Mat Pilates /M - Group Exercise 2 - McCardell 09:30a Pickleball Intermediate Drop-in Play - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Gym/T Th - Gym 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Savvy Senior Breakfast-Create it at RHPLs Makers Space - Dining Rm	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Savvy Senior Breakfast-Create it at RHPLs Makers Space - Dining Rm	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / Thu - Therapy Pool 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Life Long Learning-Navigating the Digital World Dining Rm 09:30a Low Impact/Thu - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Pickleball Ladder A&B /F - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1,Studio 2 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell 09:30a Mens Coffee Talk - Dining Rm 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:45a Lapidary SATURDAY - Studio 1,Studio 2 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 09:30a Tap Dance-Level 1 BEGINNER - Aud-Back,Aud-Front 10:00a Guitar Group Saturday - Dining Rm 11:00a Tap Dance-Level 2 FRESHMAN - Aud-Back,Aud-Front 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	09:45a German Intermediate Class - CR 3	09:30a Hatha Yoga - Group Exercise 3	09:30a Watercolor w/Greg L - Studio 1,Studio 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Chess for Beginners - CR 1	12:30p Tap Dance-Level 3 INTERMEDIATE - Aud-Back,Aud-Front
	10:00a Anyone Can Paint-Arch Rock - Studio 1,Studio 2	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Wed - Therapy Pool	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Bridge Drop In Tuesday - CR 1	10:00a Getting Started with Computers - CR 3	10:00a Fishing 101 - Off-Site	10:00a Grief Support Group - CR 4	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Yin Yoga - Group Exercise 3	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a OMP Euchre Drop-In - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a iPhone-iPad Workshop for Beginners - CR 4	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:00a ZEHNDERS FRIENDS OF FLEETWOOD Day Trips - Aud-Back,Aud-Front	10:00a Pickleball Ladder C /Th - Gym	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Technology Club - CR 2,CR 3	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Tour Rochester Hills City Hall - Lobby	11:30a Soup and Salad bar - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:15a Aqua Yoga/Tues - Therapy Pool	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:00a Pickleball Inter. /Wed 11A - Gym	10:30a French Conversation Group - CR 2	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Restorative Yoga - Group Exercise 3	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Spanish Absolute Beginner - CR 3	11:00a Gone Country Music Group - Aud-Back,Aud-Front	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a Spanish Conversation Group - CR 3	12:30p Hand & Foot variation of Canasta - Library	
	11:00a Pickleball All Levels - Gym	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	12:00p Lunch With Friends - Dining Rm	10:30a Yoga 26/2 - Group Exercise 3	12:30p Mexican Train Dominoes - CR 3	
	11:00a Taste of Community Tours - Lobby	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p Chinese Mah-Jong - CR 3	11:00a Beginner Music Series Lessons - Piano - CR 4	12:30p Pinochle - CR 1	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	12:30p Euchre Wednesdays - CR 2,CR 1	11:00a Beginner Music Step 3: Piano - CR 4	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	11:00a Beginner Music Step Two: Piano - CR 4	01:00p Table Tennis - Gym	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	12:30p Strength and Confidence - Group Exercise 2 - McCardell	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p American Mah-Jong - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic		11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	12:30p Bridge Drop-In Monday - CR 3	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	12:30p Ten - Card Game - Library	12:00p Lunch With Friends - Dining Rm		
	12:30p Bunco - CR 2		01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	12:30p American Canasta - Library		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:45p German Conversation Group - CR 1	01:00p Fused Glass Trinket Dish - Studio 1,Studio 2	12:30p American Mah Jong Beginner - CR 2		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p India Conversation Group - CR 2	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p Duplicate Bridge - CR 1		
	12:30p Samba Card Game - Library	01:00p Open Studio - Independent Art Studio Drop-In - Atrium	01:00p Table Tennis - Gym	12:30p Pickleball Advanced Drop-in Play - Gym		
	01:00p Line Dance - Aud- Back,Aud-Front	01:00p Open Studio - Needle Arts Studio Tues - Library	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Stampin Up Greeting Cards w/Beth 1-4 - Studio 3	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:00p Sweet Beats - Aud- Back,Aud-Front	02:00p Pickleball 301: Skills & Drills - Gym	12:30p Watercolor w/Kathy Warriner-Mini Watercolor Workshop - Studio 1,Studio 2		
	01:00p Table Tennis - Gym	01:30p Guitar Group Tuesday - Dining Rm	02:00p Stained Glass Class: Dave & Diane - Woodshop	01:00p Beginner Music Level 2: Guitar Class - CR 4		
	01:00p Zentangle-Projects & Techniques-Color Prep Tiles/Papers - Studio 3	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	01:00p Beginner Music Series Lessons - Guitar - CR 4		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	01:45p Pickleball Intermediate Drop-in Play - Gym	02:30p Stars Stripes and Trivia - America 250 Edition - Dining Rm	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - CR 1	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell			
	02:00p Focus on the Issues - CR 4	02:00p Small Group Swim Lessons 2PM - Lap Pool	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball Drop-in Play - Gym		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell	05:35p Aqua Zumba/Wed - Lap Pool	02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	03:00p Movement Party - Group Exercise 2 - McCardell		06:00p Basketball 5 on 5/W - Gym	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	03:00p Movie Monday-The Music Man - Aud-Front 04:00p Pickleball Advanced Drop-in Play - Gym 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Book Club-The Most Fun We Ever Had - Library 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool	02:45p Small Group Swim Lessons 2:45PM - Lap Pool 03:00p French Intermediate Progressive Class - CR 1 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Weight Room Orientation - Cardio/Weights 04:30p Terrific Tuesday-National Hot Dog Month - Dining Rm 05:00p Stampin Up Greeting Cards-Evening - Studio 3 05:00p Weight Room Orientation B - Weight Rm 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	04:00p Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary-THURSDAY - Studio 1,Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 06:00p Badminton - Gym 06:00p Box Fit - Gym		
19	20	21	22	23	24	25
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool	06:45a CHIHULY AT MEIJER GARDENS Day Trips - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Gym/T Th - Gym	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Pickleball Ladder A&B /F - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1,Studio 2	07:45a Walking Track - Track 08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Silver Strong /Sat - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:00a Sunrise Yoga/Tues - Group Exercise 3	09:00a Adult Day Service - ADS	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:45a Lapidary SATURDAY - Studio 1,Studio 2
	09:00a Adult Day Service - ADS	08:00a The Deep/Tues - Lap Pool	09:00a Aquatics Strength & Core / Wed - Lap Pool	09:00a Adult Day Service - ADS	09:00a Adult Day Service - ADS	09:00a Competitive Swim Practice - Lap Pool
	09:00a Aquatics Strength & Core / Mon - Lap Pool	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Aquatics Strength & Core Thu - Lap Pool	09:00a Aquatics Strength & Core / Fri - Lap Pool	09:00a Woodshop - Woodshop
	09:00a Cafe - Cafe	09:00a Adult Day Service - ADS	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Cycling/Fri - Gym	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Spanish Class Progressive - CR 2	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:30a Basketball 5 on 5/S - Gym
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core Tue - Lap Pool	09:00a Water Works / Wed - Therapy Pool	09:00a Water Works / Thu - Therapy Pool	09:00a Woodshop - Woodshop	09:30a Tap Dance-Level 1 BEGINNER - Aud-Back,Aud-Front
	09:00a Medicare & Medicaid Assistance - Conference B	09:00a Cafe - Cafe	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Thursdays - Conference B	09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	10:00a Guitar Group Saturday - Dining Rm
	09:00a Needle Felting w/Dotti-Patriotic Gnome - Studio 1,Studio 2	09:00a Cycling/Tue - Gym	09:30a PC One on One Technology Help - Library	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Tap Dance-Level 2 FRESHMAN - Aud-Back,Aud-Front
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	11:00a Volleyball All Lvl/S - Gym
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball 102: Mentor Games - Gym	09:30a Meet Rochester Mayor - Library	10:00a Chess for Beginners - CR 1	12:30p Novice Pickleball Drop-in/S - Gym
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	12:30p Tap Dance-Level 3 INTERMEDIATE - Aud-Back,Aud-Front
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Hatha Yoga - Group Exercise 3	10:00a Getting Started with Computers - CR 3	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	09:45a German Intermediate Class - CR 3	10:00a Bridge Drop In Tuesday - CR 1	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Chair Massages - Personal Trg 2	10:00a Visually Impaired Group - CR 2,CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Yin Yoga - Group Exercise 3	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a OMP Euchre Drop-In - CR 1	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	11:00a Pickleball Inter. /Wed 11A - Gym	10:00a Pickleball Ladder C /Th - Gym	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Technology Club - CR 2,CR 3	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	11:30a Soup and Salad bar - Dining Rm	
		10:15a Aqua Yoga/Tues - Therapy Pool		10:30a French Conversation Group - CR 2	12:00p Lunch With Friends - Dining Rm	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:30a Restorative Yoga - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	10:30a Spanish Conversation Group - CR 3	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	11:00a Gone Country Music Group - Aud-Back,Aud-Front	12:30p Chinese Mah-Jong - CR 3	10:30a Yoga 26/2 - Group Exercise 3	12:30p Grandkid Swim - Child 12:30PM - Lap Pool,Therapy Pool	
	10:30a Spanish Absolute Beginner - CR 3	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	12:30p Euchre Wednesdays - CR 2,CR 1	11:00a Beginner Music Series Lessons - Piano - CR 4	12:30p Grandkid Swim - Member 12:30PM - Therapy Pool,Lap Pool	
	11:00a Pickleball All Levels - Gym	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	11:00a Beginner Music Step 3: Piano - CR 4	12:30p Grandkid Swim - Other Adult 12:30PM - Therapy Pool,Lap Pool	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	12:00p 1/2 Court Basketball - Gym	12:30p Strength and Confidence - Group Exercise 2 - McCardell	11:00a Beginner Music Step Two: Piano - CR 4	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p Basketball Shoot Around - Gym	12:30p Ten - Card Game - Library	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	12:30p Mexican Train Dominoes - CR 3	
	12:00p Lunch With Friends - Dining Rm	12:00p Lunch With Friends - Dining Rm	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 1	
	12:30p American Mah-Jong - CR 1	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:00p Lunch With Friends - Dining Rm	01:00p Memory Cafe at the OPC - ADS	
	12:30p Bridge Drop-In Monday - CR 3	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	01:00p Table Tennis - Gym	12:30p American Canasta - Library	01:00p Movie Friday-The Devil Wears Prada - Aud-Back,Aud-Front	
	12:30p Bunco - CR 2	12:45p German Conversation Group - CR 1	01:00p Teacup Christmas Tree - Studio 1,Studio 2	12:30p American Mah Jong Beginner - CR 2	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p India Conversation Group - CR 2	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Duplicate Bridge - CR 1	01:00p Poetry Circle - Library	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	12:30p Pickleball Advanced Drop-in Play - Gym	01:00p Table Tennis - Gym	
	12:30p Samba Card Game - Library	01:00p Open Studio - Needle Arts Studio Tues - Library	02:00p Ms. Senior Michigan Pageant - Aud-Back,Aud-Front	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	02:30p Grandkid Swim - Child 2:30PM - Lap Pool,Therapy Pool	
	12:30p Weight Room Orientation - Cardio/Weights	01:00p Sweet Beats - Aud-Back,Aud-Front	02:00p Pickleball 301: Skills & Drills - Gym	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell	02:30p Grandkid Swim - Member 2:30PM - Lap Pool,Therapy Pool	
	01:00p Line Dance - Aud-Back,Aud-Front	01:30p Alzheimers Dementia Caregivers Group - CR 4	02:00p Stained Glass Class: Dave & Diane - Woodshop	01:00p Beginner Music Level 2: Guitar Class - CR 4	02:30p Grandkid Swim - Other Adult 2:30PM - Lap Pool,Therapy Pool	
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Guitar Group Tuesday - Dining Rm	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	01:00p Beginner Music Series Lessons - Guitar - CR 4	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
			02:30p Novice Pickleball/2:30-4:00 PM - Gym			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	01:00p Open Studio - Crafting Together - Studio 1, Studio 2 01:00p Table Tennis - Gym 01:00p Zentangle-Projects & Techniques-Tangling on Color Prepped Tiles - Studio 3 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 01:30p POUND Fitness - Group Exercise 2 - McCardell 01:30p Weight Room Orientation B - Weight Rm 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:30p Life Long Learning-FDR, The Man & His Presidency - Dining Rm 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 03:00p Movement Party - Group Exercise 2 - McCardell 04:00p Pickleball Advanced Drop-in Play - Gym 04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic 04:00p Yin Yoga /Mon - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:30p Step & Sculpt /T - Group Exercise 2 - McCardell 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - CR 1 02:00p Small Group Swim Lessons 2PM - Lap Pool 02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic 02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell 02:45p Small Group Swim Lessons 2:45PM - Lap Pool 03:00p French Intermediate Progressive Class - CR 1 03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 05:30p Cardio Dance Party - Group Exercise 2 - McCardell 05:35p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell 04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym 05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic 05:35p Aqua Zumba/Wed - Lap Pool 06:00p Basketball 5 on 5/W - Gym 06:00p Sunset Yoga - Group Exercise 3 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	01:00p Open Studio - Needle Arts Studio Thurs. - Library 01:00p Womens Luncheon-Wicked Women of Detroit - Aud-Back,Aud-Front 01:30p Board Games w/Bill - CR 3 01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell 01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic 02:30p Novice Pickleball Drop-in Play - Gym 02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 04:00p Pickleball Inter./Th PM - Gym 04:00p Yin Yoga /Thur - Group Exercise 3 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary-THURSDAY - Studio 1, Studio 2 05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell 05:30p UNITED WHOLESALE MORTGAGE FIELD Day Trips - Aud-Back,Aud-Front		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	05:15p Aqua Zumba/Mon - Lap Pool 05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic 06:00p Badminton - Gym 06:00p Heartfulness Meditation - Conference B 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool			06:00p Badminton - Gym 06:00p Box Fit - Gym 06:30p Playwriting Workshop - CR 3		
26	27	28	29	30	31	
	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Mon - Lap Pool 09:00a Cafe - Cafe 09:00a Dynamic Mobility for Active Aging / Mon. - Group Exercise 3 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Tue - Lap Pool 08:00a Open Gym/T Th - Gym 08:00a Sunrise Yoga/Tues - Group Exercise 3 08:00a The Deep/Tues - Lap Pool 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Aquatics Strength & Core Tue - Lap Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Medicare & Medicaid Assistance - Conference A 09:00a Silver Strong / Tues. - Group Exercise 2 - McCardell	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Open Gym AM/MW - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Wed - Lap Pool 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Spanish Class Progressive - CR 2 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a PC One on One Technology Help - Library	07:45a CANAL DAYS Day Trips - Aud-Back,Aud-Front 07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Challenge Your Core Thu - Lap Pool 08:00a Open Gym/T Th - Gym 08:30a Core Strength/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core Thu - Lap Pool 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Water Works / Thu - Therapy Pool	07:45a Walking Track - Track 08:00a Billiards - Billiards 08:00a Cardio and Weights - Cardio/Weights 08:00a Pickleball Ladder A&B /F - Gym 08:00a Rise and Shine - Group Exercise 1 - KW Aerobic 08:30a Lapidary-FRIDAY - Studio 1,Studio 2 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Woodshop - Woodshop 09:30a Mat Pilates /Fri - Group Exercise 2 - McCardell	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Wellness Coaching Thursdays - Conference B	10:00a Aqua Balance & Stability/Fri - Therapy Pool	
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Pickleball 102: Mentor Games - Gym	09:00a Woodshop - Woodshop	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Hatha Yoga - Group Exercise 3	09:30a Watercolor w/Greg L - Studio 1,Studio 2	09:30a Low Impact/Thu - Group Exercise 2 - McCardell	10:00a Chess for Beginners - CR 1	
	09:45a German Intermediate Class - CR 3	09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	10:00a Aqua Balance & Stability/Wed - Therapy Pool	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Bridge Drop In Tuesday - CR 1	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Aqua Balance & Stability/Thu 10a - Therapy Pool	10:30a Yin Yoga - Group Exercise 3	
	10:00a Euchre Monday Beginner Practice - CR 2	10:00a Dynamic Mobility for Active Aging / Tues. - Group Exercise 2 - McCardell	10:00a Late Bloomers Gardening Club - Patio Garden	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a OMP Euchre Drop-In - CR 1	11:30a Functionally Fit/F - Group Exercise 2 - McCardell	
	10:00a iPhone-iPad Workshop for Beginners - CR 4	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic	10:00a Pickleball Ladder C /Th - Gym	11:30a Soup and Salad bar - Dining Rm	
	10:00a Open Studio - Zentangle Studio - Studio 3	10:00a Technology Club - CR 2,CR 3	11:00a Pickleball Inter. /Wed 11A - Gym	10:30a Barre Fusion/Thu - Group Exercise 1 - KW Aerobic	12:00p Lunch With Friends - Dining Rm	
	10:30a Barre Fusion/Mon - Group Exercise 2 - McCardell	10:15a Aqua Yoga/Tues - Therapy Pool	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a French Conversation Group - CR 2	12:00p Qi Gong Fri. - Group Exercise 1 - KW Aerobic	
	10:30a French Absolute Beginner Class (Progressive) - CR 1	10:30a Core Strength/ Tues w/Kim - Group Exercise 1 - KW Aerobic	11:30a Golden Swans Ballet - Group Exercise 1 - KW Aerobic	10:30a Functionally Fit/ Thurs - Group Exercise 2 - McCardell	12:30p Bridge American Standard Fridays - CR 2	
	10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic	10:30a Restorative Yoga - Group Exercise 3	12:00p Lunch With Friends - Dining Rm	10:30a Spanish Conversation Group - CR 3	12:30p Hand & Foot variation of Canasta - Library	
	10:30a Spanish Absolute Beginner - CR 3	11:00a Gone Country Music Group - Aud-Back,Aud-Front	12:30p Bingo - Dining Rm	10:30a Yoga 26/2 - Group Exercise 3	12:30p Mexican Train Dominoes - CR 3	
	11:00a Pickleball All Levels - Gym	11:30a Chair Yoga/Tues - Group Exercise 2 - McCardell	12:30p Chinese Mah-Jong - CR 3	11:00a Beginner Music Series Lessons - Piano - CR 4	12:30p Pinochle - CR 1	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	11:30a NEUROFIT: Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 2,CR 1	11:00a Beginner Music Step 3: Piano - CR 4	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	11:30a Functionally Fit Mon. 11:30am - Group Exercise 2 - McCardell	12:00p 1/2 Court Basketball - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	11:00a Beginner Music Step Two: Piano - CR 4	01:00p Parkinsons Care Group - CR 4	
		12:00p Basketball Shoot Around - Gym	12:30p Strength and Confidence - Group Exercise 2 - McCardell	11:30a Mat Pilates / Thurs - Group Exercise 2 - LaVerne Rm,Group Exercise 2 - McCardell	01:00p Table Tennis - Gym	
		12:00p Lunch With Friends - Dining Rm			02:30p Novice Pickleball/2:30-4:00 PM - Gym	

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	12:00p Lunch With Friends - Dining Rm	12:30p Brain and Body Training - Group Exercise 1 - KW Aerobic	12:30p Ten - Card Game - Library	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic		
	12:30p American Mah-Jong - CR 1	12:30p Strength and Confidence w/Julie Tues. - Group Exercise 2 - McCardell	01:00p Aqua Healthy Joints / Wed 1:00 PM - Therapy Pool	12:00p Lunch With Friends - Dining Rm		
	12:30p Bridge Drop-In Monday - CR 3		01:00p Beach in a Bottle - Studio 1,Studio 2	12:30p American Canasta - Library		
	12:30p Bunco - CR 2	12:45p German Conversation Group - CR 1	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:30p American Mah Jong Beginner - CR 2		
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	01:00p India Conversation Group - CR 2	01:00p Table Tennis - Gym	12:30p Duplicate Bridge - CR 1		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	01:00p Open Studio - Independent Art Studio Drop-In - Studio 3	01:30p Qi Gong - Group Exercise 1 - KW Aerobic	12:30p Pickleball Advanced Drop-in Play - Gym		
	12:30p Samba Card Game - Library	01:00p Open Studio - Needle Arts Studio Tues - Library	02:00p Aqua Healthy Joints / Wed 2:00PM - Therapy Pool	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Sweet Beats - Aud-Back,Aud-Front	02:00p Pickleball 301: Skills & Drills - Gym	12:30p Strength and Confidence w/ Julie - Group Exercise 2 - McCardell		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:30p Guitar Group Tuesday - Dining Rm	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	01:00p Acrylic Painting w/Gabriela Orza-Bee Happy - Studio 1,Studio 2		
	01:00p Open Studio - Crafting Together - Studio 1,Studio 2	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:00p Beginner Music Level 2: Guitar Class - CR 4		
	01:00p Table Tennis - Gym	01:30p Step & Sculpt /T - Group Exercise 2 - McCardell	03:00p Advanced Tai Chi - Group Exercise 2 - McCardell	01:00p Beginner Music Series Lessons - Guitar - CR 4		
	01:00p Zentangle-Projects & Techniques-Spin Zentangle - Studio 3	01:45p Pickleball Intermediate Drop-in Play - Gym	04:00p Pickleball Advanced/Intermedaite Drop-in Play - Gym	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - CR 1	05:30p Silver Strong /W - Group Exercise 1 - KW Aerobic	01:30p Nonagenarian Birthday Celebration - Dining Rm		
	01:30p POUND Fitness - Group Exercise 2 - McCardell	02:00p Small Group Swim Lessons 2PM - Lap Pool	05:35p Aqua Zumba/Wed - Lap Pool	01:30p POUND fitness Thurs. - Group Exercise 2 - McCardell		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	02:30p Book Club-Kit Rules of Civility - CR 2	06:00p Basketball 5 on 5/W - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	02:00p Focus on the Issues - CR 4	02:30p Resistance and Balance Training/Tue 2:30 - Group Exercise 1 - KW Aerobic	06:00p Sunset Yoga - Group Exercise 3	02:30p Novice Pickleball Drop-in Play - Gym		
	02:30p Life Long Learning-Daughters of the American Revolution - Dining Rm		06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool			
	02:30p Novice Pickleball/2:30-4:00 PM - Gym					

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26	27	28	29	30	31	
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:30p Tang Soo Do /Tues - Group Exercise 2 - McCardell		02:30p Tang Soo Do /Thurs - Group Exercise 2 - McCardell		
	03:00p Movement Party - Group Exercise 2 - McCardell	02:45p Small Group Swim Lessons 2:45PM - Lap Pool		03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	04:00p Pickleball Advanced Drop-in Play - Gym	03:00p French Intermediate Progressive Class - CR 1		04:00p Pickleball Inter./Th PM - Gym		
	04:00p Tai Chi - Eight Brocades - Group Exercise 1 - KW Aerobic	03:25p Small Group Swim Lessons 3:25PM Advanced - Lap Pool		04:00p Yin Yoga /Thur - Group Exercise 3		
	04:00p Yin Yoga /Mon - Group Exercise 3	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic		04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	04:00p Novice Pickleball Drop-in Play - Gym		04:45p Lapidary- THURSDAY - Studio 1,Studio 2		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Weight Room Orientation - Cardio/Weights		05:00p Lunch & Learn (DINNER, Part 2) - Dining Rm		
	05:30p Silver Strong /Mon - Group Exercise 1 - KW Aerobic	05:00p Weight Room Orientation B - Weight Rm		05:00p Small Group Training: Getting Started - Group Exercise 2 - McCardell		
	06:00p Badminton - Gym	05:30p Cardio Dance Party - Group Exercise 2 - McCardell		06:00p Badminton - Gym		
	06:00p Heartfulness Meditation - Conference B	05:35p Aqua Zumba/Tue - Lap Pool		06:00p Box Fit - Gym		
	06:00p Novice Pickleball Drop-in Play - Gym	06:00p Pickleball Inter./Tu PM - Gym				
	06:30p Aqua Bike Circuit Training/Mon - Lap Pool					