

Wellness Calendar 2025

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|--|-------------------------------|--|-------------------------------|----------------|
| 8:00 | | | | | |
| 9:00 | Line Dancing with a Walker | Floor and Core | | Floor and Core | Line Dancing |
| 10:00 | | Movement for Mental Wellbeing | | Movement for Mental Wellbeing | Friday Fitness |
| 11:00 | Strength Training | All in One | Strength Training | All in One | |
| 12:00 | | | | | |
| 1:00 | Empowering Movement and Memory | Balance 2 | Empowering Movement and Memory | Balance 2 | |
| 2:00 | Balance 1 | Drumming | Balance 1 | Drumming | |
| 3:00 | Advanced Circuit Training (This is not a drop in class) | | Advanced Circuit Training (This is not a drop in class) | | |

Pool Classes:

Water Aerobics: Monday, Wednesday, Friday

9:00 AM

Gentle Waves: Wednesdays

1:00 PM

