

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



THANKSGIVING

POOL & SPA HOURS

8:00AM-NOON

Thanksgiving Day

Perky Turkey Aqua Buster with Mary 9:30am - 10:15am

NO CLASS on Nov 24



Water Walking 9:15 - 10:00am Pool 1
Bone Builders 9:15 - 10:30am Parker Hall
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 4:00pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool 2
Stand Up Get Fit 9:30 - 10:15am Villas
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

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Better Balance 9:00 - 9:45am Hefner Auditorium 5
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Bocce 2:00pm Bocce Court Diamond
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Rosborough Comm. Rms

Water Walking 9:15 - 10:00am Pool 6
Parkinson's TRX (CANCEL)
Aqua Fit 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool 7
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Hall
Hearing Loss Support Group Parker Hall

Water Walking 9:15 - 10:00am Pool 8
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 4:00pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool 9
Stand Up Get Fit 9:30 - 10:15am Villas
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

Better Balance 9:00 - 9:45am Hefner Auditorium 12
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Bocce 2:00pm Bocce Court Diamond
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking (CANCEL) 13
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Fit (CANCEL)
On Your Seat (CANCEL)
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool 14
Total Body Tune-Up (CANCEL)
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility (CANCEL)
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Hall

Water Walking 9:15 - 10:00am Pool 15
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 4:00pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool 16
Stand Up Get Fit (CANCEL)
On Your Seat (CANCEL)
Light & Easy Aerobics 10-10:45am Diamond
Total Body Tune-Up (CANCEL)
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength (CANCEL)
Strathmore Society @ Asbury

Better Balance 9:00 - 9:45am Hefner Auditorium 19
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Bocce 2:00pm Bocce Court Diamond
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool 20
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Fit 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool 21
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Hall

Perky Turkey Aqua Buster with Mary 22
9:30am - 10:15am Pool
ALL CLASSES CANCELED
Happy Thanksgiving graphic

Pace Yourself (CANCEL) 23
Stand Up Get Fit (CANCEL)
On Your Seat (CANCEL)
Light & Easy Aerobics (CANCEL)
Total Body Tune-Up (CANCEL)
Aqua Challenge (CANCEL)
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength (CANCEL)

Better Balance 9:00 - 9:45am Hefner Auditorium 26
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:00 - 1:45pm Kindley 3rd Floor
Bocce 2:00pm Bocce Court Diamond
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool 27
Parkinson's TRX 10 - 11am Diamond Lifestyle Rm
Aqua Fit 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool 28
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Hall

Water Walking 9:15 - 10:00am Pool 29
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 4:00pm Kindley 3rd fl

Pace Yourself 9:30 - 10:15am Pool 30
Stand Up Get Fit 9:30 - 10:15am Villas
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Total Body Tune-Up 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

