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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Better Balance 9:00 - 9:45am Hefner Auditorium 3 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 4 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 5 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. Hallway Yoga 3:15 - 4:15pm Hefner Auditorium Senior Fit 4:30-5:15pm Hefner Auditorium Indoor Shuffleboard 6:30-8:30pm Parker Hall Hearing Loss Support Group	Water Walking 9:15 - 10:00am Pool 6 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 Line Dancing (CANCELED) Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl 	Pace Yourself 9:30 - 10:15am Pool 7 Stand Up Get Fit 9:30 - 10:15am Villas On Your Seat (CANCELED) 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 10 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 11 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 12 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. Hallway Yoga 3:15 - 4:15pm Hefner Auditorium Senior Fit 4:30-5:15pm Hefner Auditorium Indoor Shuffleboard 6:30-8:30pm Parker Hall	Water Walking 9:15 - 10:00am Pool 13 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 Line Dancing 1:30 - 2:15pm Hefner Auditorium Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl Hearing your best for the Holidays Rosb. Comm. Rm 2pm-3pm	Pace Yourself 9:30 - 10:15am Pool 14 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 17 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 18 Parkinson's TRX 10 - 11am Diamond Lifestyle Rm Aqua Fit 11:00 - 11:45am Pool On Your Seat 11:00 - 11:45am Rosb. Comm. Rm. Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm 	Pace Yourself 9:30 - 10:15am Pool 19 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 Indoor Shuffleboard 6:30-8:30pm Parker Hall	Water Walking 9:15 - 10:00am Pool 20 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 :00pm Bocce Court Diamond Line Dancing 1:30 - 2:15pm Rosborough Rooms Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl 	Pace Yourself 9:30 - 10:15am Pool 21 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 (CANCELED) Pool will be closed from 12-4pm	
Better Balance (CANCELED) 24 Bone Builders 10:15 - 11:30am Hefner Auditorium Pace Yourself (CANCELED) Stretch & Tone 10:00 - 10:30am Kindley Living Room Aqua Challenge (CANCELED) Parkinson's Exercise (CANCELED) Bocce 2:00pm Bocce Court Diamond Better Mobility (CANCELED) Yoga 3:15 - 4:15pm (CANCELED) 	 <p>Merry Christmas</p> <p>POOL CLOSED ALL DAY</p>		Pace Yourself (CANCELED) 26 Total Body Tune-Up (CANCELED) Aqua Challenge (CANCELED) Parkinson's Exercise (CANCELED) Better Mobility (CANCELED) Yoga (CANCELED) Senior Fit (CANCELED) Indoor Shuffleboard 6:30-8:30pm Parker Hall	Water Walking (CANCELED) 27 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 Line Dancing (CANCELED) Parkinson's Exercise (CANCELED) 	Pace Yourself (CANCELED) 28 Stand Up Get Fit (CANCELED) On Your Seat (CANCELED) Light & Easy Aerobics (CANCELED) Total Body Tune-Up (CANCELED) Aqua Challenge (CANCELED) Ping Pong 2:00 - 4:00pm Diamond Lifestyle Functional Strength (CANCELED)
Better Balance (CANCELED) 31 Bone Builders 10:15 - 11:30am Hefner Auditorium Pace Yourself (CANCELED) Stretch & Tone 10:00 - 10:30am Kindley Living Room Aqua Challenge (CANCELED) Parkinson's Exercise (CANCELED) Bocce 2:00pm Bocce Court Diamond Better Mobility (CANCELED) Yoga (CANCELED)	 <p>Hearing your best for the Holidays</p> <p>A discussion with the Family Hearing Center Audiologist</p> <p>Thur., December 13th @ Rosb. Comm. 2pm-3pm</p> <p>Pool closed @ 3:00pm on 24th</p> <div style="border: 2px solid red; padding: 5px; display: inline-block;"> 12/15 Last Class </div> 				

Saturdays!!
 Shallow Water Workout
 Rosborough Pool
 9:15am - 10:00am