



Sample Fitness Club Calendar

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
		1		2		3		4		5		
		9:00 Better Balance - Aud. 10:00 Strength with Weights 2:00 Better Balance 2:00 Gentle Water Fitness 2:45 Floor Yoga - FC	8:00 Walk For Fitness 9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 11:00 Putt Club 1:00 QOL: "Making Friends With Your Disability" Steve Sowards, PhD 2:00 Better Balance 2:00 Gentle Water Fitness	9:00 Vitaband 9:00 Water Fitness 10:00 Tai Chi 10:30 Chair Dancing 11:00 Stretch to the Classics 12-4 Pool CLOSED Pool Deck Cleaning 2:00 Vitaband	9:00 Water Fitness 9:45 Gentle Water Fitness						
7		8		9		10		11		12		
9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 2:00 Better Balance 2:00 Gentle Water Fitness 2:45 Floor Yoga - FC	8:00 Walk For Fitness 9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 11:00 Putt Club 2:00 Better Balance 2:00 Gentle Water Fitness	9:00 Vitaband 9:00 Water Fitness 10:00 Tai Chi 10:30 Chair Dancing 11:00 Stretch to the Classics 2:00 Vitaband	9:00 Water Fitness 9:45 Gentle Water Fitness							
14		15		16		17		18		19		
9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 10:45 Walk For Fitness Nature Center Sign up in Fitness Club 2:00 Better Balance 2:00 Gentle Water Fitness 2:45 Floor Yoga - FC	8:00 Walk For Fitness 9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband 2:00 Advocate Mtg.	9:00 Better Balance - Aud. 10:00 Strength with Weights 11:00 Putt Club 2:00 Better Balance 2:00 Gentle Water Fitness	9:00 Vitaband 9:00 Water Fitness 10:00 Tai Chi 10:30 Chair Dancing 11:00 Stretch to the Classics 11:00 Hearing Aid Check/Clean HCC Exam Room 2:00 Vitaband	9:00 Water Fitness 9:45 Gentle Water Fitness							
21		22		23		24		25		26		
9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 10:45 Walk For Fitness Nature Center Sign up in Fitness Club 2:00 Better Balance 2:00 Gentle Water Fitness 2:45 Floor Yoga - FC	8:00 Walk For Fitness 9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	8-5 Dr. McNeil - Podiatrist HCC Exam Room 9:00 Better Balance - Aud. 10:00 Strength with Weights 11:00 Putt Club 2:00 Better Balance 2:00 Gentle Water Fitness	9:00 Vitaband 9:00 Water Fitness 10:00 Tai Chi 10:30 Chair Dancing 11:00 Stretch to the Classics 2:00 Vitaband	9:00 Water Fitness 9:45 Gentle Water Fitness							
28		29		30								
9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband	9:00 Better Balance - Aud. 10:00 Strength with Weights 10:45 Walk For Fitness Nature Center Sign up in Fitness Club 2:00 Better Balance 2:00 Gentle Water Fitness 2:45 Floor Yoga - FC	8:00 Walk For Fitness 9:00 Vitaband 9:00 Water Fitness 9:45 Men's Only Water Fitness 2:00 Vitaband										

Fitness Club Hours: Monday-Thursday 6:30 a.m. - 4:30 p.m. | Friday 6:30 a.m. - 4 p.m. | Saturday 8 a.m.- 11:30 a.m.
 Visit the Fitness Club for a more detailed class schedule and descriptions.