FITNESS CALENDAR

JUNE 2021

	CALLI					INL ZUZI
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00AM Aqua Fit (P)		3 10:00 AM Sit To Be Fit (FC)	4 10:00 AM Aqua Motion(P)	5
		10:00AM Sit To Be Fit (FC)	DRUMMING (FC)	11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	9:00 AM Aqua Motion (P)
		11:00 AM Balance (FC)	10:00AM Aqua Motion (P)	11:00 AM Stretch with Lisa	11:00 AM HIIT in a chair	10:00 AM Strength Training (FC)
		11:00 AM Chair Yoga with	11:00 AM Chair Yoga (FC)	(Inhouse TV Channel 1390)	with MaryJane (Inhouse TV Channel 1390)	
		Maryjane (Inhouse TV Channel 1390)	11:00 AM Stretch and Relaxation (Inhouse TV Channel 1390)	11:45 Reach for the Stars (FC)	,	with MaryJane (Inhouse TV Channel 1390)
		11:45 Chair Yoga (FC)	,			11:00 AM Pilates with Mary
		12:45 PM LODGE-Sit To Be Fit	12:00 PM Hydro-Riding(P)			(Inhouse TV Channel 1390)
6	7	8	9	10	11	12
2:00 PM Strength Training (Inhouse TV Channel	9:00 AM Pilates in a Chair (FC)	9:00AM Aqua Fit (P)	8:30 AM CARDIO DRUMMING (FC)	10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
1390)		10:00AM Sit To Be Fit (FC)	10:00AM Aqua Motion (P)	11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training (FC)
		11:00 AM Balance (FC)	, , ,	11:00 AM Stretch with Lisa	11:00 AM HIIT in a chair	, ,
	11:00 AM Strength Training (FC)	11:00 AM Chair Yoga with	11:00 AM Chair Yoga (FC)	(Inhouse TV Channel 1390)	TV Channel 1390)	10:00 AM Senior Exercise with MaryJane (Inhouse
	11:00 AM Strength with	Maryjane (Inhouse TV Channel 1390)	11:00 AM Stretch and Relaxation (Inhouse TV	11:45 Reach for the Stars(FC)	12:00 PM Hydro-Riding(P)	TV Channel 1390)
	MaryJane (Inhouse TV	11:45 AM Chair Yoga (FC)	Channel 1390)	, ,		11:00 AM Pilates with Mary (Inhouse TV Channel
	,	12:45 PM LODGE-Sit To Be Fit	12:00 PM Hydro-Riding(P)		,	1390)
13	14	15	16	17	18	19
	9:00 AM Pilates in a Chair	9:00AM Aqua Fit (P)	8:30 AM CARDIO		10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
(Inhouse TV Channel 1390)	(FC)	10:00AM Sit To Be Fit (FC)	DRUMMING (FC)	10:00 AM Sit To Be Fit (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training
, , , , , , , , , , , , , , , , , , ,	10:00 AM Aqua Motion (P)	11:00 AM Balance (FC)	10:00AM Aqua Motion (P)	11:00 AM Balance (FC)	11:00 AM HIIT in a chair	(FC)
	11:00 AM Strength	11:00 AM Chair Yoga with	11:00 AM Chair Yoga (FC) 11:00 AM Stretch and	11:00 AM Stretch with Lisa (Inhouse TV Channel 1390)		10:00 AM Senior Exercise with MaryJane (Inhouse TV Channel 1390)
	11:00 AM Strength with MaryJane (Inhouse TV	Channel 1390)	Relaxation (Inhouse TV Channel 1390)	11:45 Reach for the Stars(FC)	12:00 PM Hydro-Riding(P)	11:00 AM Pilates with Mary
		11:45 Trifecta-3-Focus (FC)	,	11.43 Reactified the Stars(FC)	12:30 PM Hydro-Riding(P)	(Inhouse TV Channel
	12:00 PM Hydro-Riding(P)	12:45 PM LODGE-Sit To Be Fit	12:00 PM Hydro-Riding(P)			1390)
20	21	22	23	24	25	26
2:00 PM Strength Training	9:00 AM Pilates in a Chair	9:00AM Agua Fit (P)	8:30 AM CARDIO	10:00 AM Sit To Be Fit (FC)	10:00 AM Aqua Motion(P)	9:00 AM Aqua Motion (P)
(Inhouse TV Channel 1390)	(FC-A)	10:00AM Sit To Be Fit (FC)	DRUMMING (FC)	11:00 AM Balance (FC)	11:00 AM Stretch/Flex (FC)	10:00 AM Strength Training
1.000)	10:00 AM Aqua Motion (P)	11:00 AM Balance (FC)	10:00AM Aqua Motion (P)		11:00 AM HIIT in a chair	(FC)
			11:00 AM Chair Yoga (FC)	(Inhouse TV Channel	with MaryJane (Inhouse	10:00 AM Senior Exercise
	MaryJane (Inhouse TV		11:00 AM Stretch and	1390)	TV Channel 1390)	with MaryJane (Inhouse TV Channel 1390)
	Channel 1390)	Channel 1390)	Relaxation (Inhouse TV Channel 1390)	11:45 Reach for the Stars(FC)		11:00 AM Pilates with Mary
	12:00 PM Hydro-Riding(P)	11:45 Trifecta-3-Focus (FC)	12:00 PM Hydro-Riding(P)		12:30 PM Hydro-Riding(P)	(Inhouse TV Channel 1390)
		12:45 PM LODGE-Sit To Be Fit			1:30-2:30 PM "Rise from the Fall": Safety	,
					Seminar with Barb Howansky (GR-GL)	
					Howarisky (GIV-GE)	
27	28	29	30			29
	9:00 AM Pilates in a Chair		8:30 AM CARDIO			
	(FC-A)	10:00AM Sit To Be Fit (FC)	DRUMMING (FC)			
	10:00 AM Aqua Motion (P)	, ,	10:00AM Aqua Motion (P)			
	11:00 AM Strength	11:00 AM Balance (FC)	11:00 AM Chair Yoga (FC)			
	• · ·	11:00 AM Chair Yoga with Maryjane (Inhouse TV	11:00 AM Stretch and			
	11:00 AM Strength with MaryJane (Inhouse TV		Relaxation (Inhouse TV Channel 1390)			
		11:45 Trifecta-3-Focus (FC)	12:00 PM Hydro-Riding(P)			
	12:00 PM Hydro-Riding(P)	12:45 PM LODGE-Sit To Be Fit				
Room Key						
(P) = Pool (FC-L) = Fitness (Patio-GL)=Patio, Grand Center-Lodge (FC) = Fitness Center Lodge						
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