

FITNESS CALENDAR

JUNE 2021

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

Room Key

(P) = Pool
(FC-L) = Fitness Center-Lodge
(FC) = Fitness Center
(Patio-GL)=Patio, Grand Lodge