

FITNESS CALENDAR

MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 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)
2 2:00 PM Strength Training (Inhouse TV Channel 1390)	3 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) 12:30 PM Hydro-Riding(P)	4 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 LODGE-Chair Yoga	5 8:45 AM Chair Aerobics (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) 12:30 PM Hydro-Riding(P)	6 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 Stretch/Flex (FC)	7 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)	8 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)
9 2:00 PM Strength Training (Inhouse TV Channel 1390)	10 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) 12:30 PM Hydro-Riding(P)	11 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 LODGE-Chair Yoga	12 8:45 AM Chair Aerobics (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) 12:30 PM Hydro-Riding(P)	13 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 Stretch/Flex (FC)	14 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)	15 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)
16 2:00 PM Strength Training (Inhouse TV Channel 1390)	17 OLDER AMERICAN FITNESS WEEK! 9:00 AM Pilates in a Chair (FC-A) 10:00 AM Aqua Motion (P) 11:00 AM DECK OF CARDS STRENGTH TRAINING (FC-A) 11:00 AM Strength with MaryJane (Inhouse TV Channel 1390) 12:00 PM Hydro-Riding(P) 12:30 PM Hydro-Riding(P)	18 OLDER AMERICAN FITNESS WEEK! 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 LODGE-Chair Yoga	19 OLDER AMERICAN FITNESS WEEK! 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) 12:30 PM Hydro-Riding(P)	20 OLDER AMERICAN FITNESS WEEK! 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 Stretch/Flex (FC)	21 OLDER AMERICAN FITNESS WEEK! 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) 2:00 PM FALL PREVENTATION WITH OT STUDENTS FROM WESTERN NEW ENGLAND (GR-GL)	22 OLDER AMERICAN FITNESS WEEK! 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)
23 2:00 PM Tailgate Bean Bag Toss (Patio-GL)	24 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) 12:30 PM Hydro-Riding(P)	25 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 LODGE-Chair Yoga	26 8:45 AM Chair Aerobics (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) 12:30 PM Hydro-Riding(P)	27 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 Stretch/Flex (FC)	28 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)	29
30 2:00 PM Strength Training (Inhouse TV Channel 1390)	31 MEMORIAL DAY!					
<div>Room Key</div> <div>(P) = Pool (FC-L) = Fitness Center-Lodge (FC) = Fitness Center (Patio-GL)=Patio, Grand Lodge</div>						