

FITNESS CALENDAR

APRIL 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|--|
| | | | | 1 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) | 2 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) | 3 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) |
| 4 2:00 PM Strength Training (Inhouse TV Channel 1390) | 5 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) | 6 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 | 7 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) | 8 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) | 9 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) | 10 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) |
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Room Key

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