

Sample Monthly Fitness Calendar

Scotia
Village

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am Cardio Strength & Tone 9:45 am Tai Chi 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	2 8:30 am Bocce 9:00 am Lap Swimming 1:00 pm Chair Volleyball 2:30 pm Water Walking	3 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	4 9:00 am Lap Swimming 11:00 am Tai Chi 1:00 pm Chair Volleyball 2:30 pm Water Walking	5 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 2:00 pm Water Aerobics 2:30 pm Yoga
8 9:00 am Cardio Strength & Tone 9:45 am Tai Chi 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	9 8:30 am Bocce 9:00 am Lap Swimming 1:00 pm Chair Volleyball 2:30 pm Water Walking	10 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	11 9:00 am Lap Swimming 11:00 am Tai Chi 1:00 pm Chair Volleyball 2:30 pm Water Walking	12 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 2:00 pm Water Aerobics 2:30 pm Yoga
15 9:00 am Cardio Strength & Tone 9:45 am Tai Chi 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	16 8:30 am Bocce 9:00 am Lap Swimming 1:00 pm Chair Volleyball 2:30 pm Water Walking	17 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	18 9:00 am Lap Swimming 11:00 am Tai Chi 1:00 pm Chair Volleyball 2:30 pm Water Walking	19 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 2:00 pm Water Aerobics 2:30 pm Yoga
22 9:00 am Cardio Strength & Tone 9:45 am Tai Chi 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	23 8:30 am Bocce 9:00 am Lap Swimming 1:00 pm Chair Volleyball 2:30 pm Water Walking	24 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	25 9:00 am Lap Swimming 11:00 am Tai Chi 1:00 pm Chair Volleyball 2:30 pm Water Walking	26 9:00 am Cardio Strength & Tone 11:15 am Exercise Class 1:00 pm Chair Volleyball 2:00 pm Water Aerobics 2:30 pm Yoga
29 9:00 am Cardio Strength & Tone 9:45 am Tai Chi 11:15 am Exercise Class 1:00 pm Chair Volleyball 3:00 pm Water Aerobics	30 8:30 am Bocce 9:00 am Lap Swimming 1:00 pm Chair Volleyball 2:30 pm Water Walking			