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	<p> 8:00 Water Walking (P) 1</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 2</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 3</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 4</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 5</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 11:30 Tai Chi (Ch-957)</p> <p> 11:30 Tai Chi (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 1:30 Exercise (Ch. 957) 6</p>
<p> 1:30 Exercise (Ch. 957) 7</p>	<p> 8:00 Water Walking (P) 8</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 9</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 10</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 11</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 12</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 11:30 Tai Chi (ILLC)</p> <p> 11:30 Tai Chi (Ch-957)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 1:30 Exercise (Ch. 957) 13</p>
<p> 1:30 Exercise (Ch. 957) 14</p>	<p> 8:00 Water Walking (P) 15</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 16</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 17</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 18</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 19</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 11:30 Tai Chi (Ch-957)</p> <p> 11:30 Tai Chi (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 1:30 Exercise (Ch. 957) 20</p>
<p> 1:30 Exercise (Ch. 957) 21</p>	<p> 8:00 Water Walking (P) 22</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 23</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 24</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 25</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 26</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 11:30 Tai Chi (Ch-957)</p> <p> 11:30 Tai Chi (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 1:30 Exercise (Ch. 957) 27</p>
<p> 1:30 Exercise (Ch. 957) 28</p>	<p> 8:00 Water Walking (P) 29</p> <p> 10:00 Spin Class (ILLC)</p> <p> 10:30 Ease your Mind (ILLC)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 30</p> <p> 11:15 Hydra Splash (P)</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p> 8:00 Water Walking (P) 31</p> <p> 1:30 Functional Fitness (ILLC)</p> <p> 1:30 Exercise (Ch. 957)</p>	<p>ACTIVITY KEY</p> <p> - Wellness</p>		

August 2022

Cumberland Crossings Wellness Calendar