

SUN MON TUE WED THUR FRI SAT

						* 1:30 Exercise (Ch. 957) 1
* 1:30 Exercise (Ch. 957) 2	* 8:00 WWW.FUN (P) 3 * 10:15 Hydro Splash (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 4 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:15 Golf League (CR)	* 8:00 Hydro HITT (P) 5 * 8:00 WWW.FUN (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:00 Wii Bowling (CR)	* 8:00 WWW.FUN (P) 6 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 7 * 11:30 Tai Chi (Ch-957) * 11:30 Tai Chi (ILLC) * 1:30 Exercise (Ch. 957)	* 1:30 Exercise (Ch. 957) 8
* 1:30 Exercise (Ch. 957) 9	* 8:00 WWW.FUN (P) 10 * 10:15 Hydro Splash (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 11 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:15 Golf League (CR)	* 8:00 Hydro HITT (P) 12 * 8:00 WWW.FUN (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:00 Wii Bowling (CR)	* 8:00 WWW.FUN (P) 13 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 14 * 11:30 Tai Chi (Ch-957) * 11:30 Tai Chi (ILLC) * 1:30 Exercise (Ch. 957)	* 1:30 Exercise (Ch. 957) 15
* 1:30 Exercise (Ch. 957) 16	* 8:00 WWW.FUN (P) 17 * 10:15 Hydro Splash (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 18 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:15 Golf League (CR)	* 8:00 Hydro HITT (P) 19 * 8:00 WWW.FUN (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:00 Wii Bowling (CR)	* 8:00 WWW.FUN (P) 20 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 21 * 11:30 Tai Chi (Ch-957) * 11:30 Tai Chi (ILLC) * 1:30 Exercise (Ch. 957)	* 1:30 Exercise (Ch. 957) 22
* 1:30 Exercise (Ch. 957) 23	* 8:00 WWW.FUN (P) 24 * 10:15 Hydro Splash (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 25 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:15 Golf League (CR)	* 8:00 Hydro HITT (P) 26 * 8:00 WWW.FUN (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957) * 2:00 Wii Bowling (CR)	* 8:00 WWW.FUN (P) 27 * 9:15 Spin Class (ILLC) * 10:15 Hydro Splash (P) * 11:00 POGA (P) * 1:30 Functional Fitness (ILLC) * 1:30 Exercise (Ch. 957)	* 8:00 WWW.FUN (P) 28 * 11:30 Tai Chi (ILLC) * 11:30 Tai Chi (Ch-957) * 1:30 Exercise (Ch. 957)	* 1:30 Exercise (Ch. 957) 29
* 1:30 Exercise (Ch. 957) 30	KEY CR - Card Room ILLC - Independent Living Leisure Center P - Pool * - Wellness					

