

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

April 2024

Cumberland Crossings Wellness Calendar

