


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Step Aerobics 1 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics - Janie Bird	<b>HAPPY LABOR DAY 2</b>	8:30 Water Aerobics - Lee 3 9:00-11:00 Pickleball 9:15 Upper Body Strength Training - Liz 10:00 Stretch 2 - Liz 11:30 Memory Care 1:30 Chair Strength Training - Jen 2:15 Stretch 1 - Jen 3:30 Spires Strutters - Judy	8:30 Water Aerobics - Lee 4 9:15 Circuit City - Jen 10:00 Stretch 2 - Jen 11:15-12:15 AL & SN - Jen 1:30 Cardio Drumming - Jen 2:15 Chair Yoga - Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics - Janie Bird	8:30 Water Aerobics - Lee 5 9:00-11:00 Pickleball 9:15 Cardio Crush - Liz 10:00 Chair Dancing - Judy 11:30 Memory Care 1:30 Balance - Jen 2:15 Stretch 1 - Jen	9:15 Tabata - Liz 6 10:00 Stretch 2 - Liz 10:45 Cardio Drumming - Liz <b>1:30 PUPPY YOGA - MOUNT BERRY (SIGN UP)</b>	10:00 Walking Club 7
9:00 Step Aerobics 8 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics - Janie Bird	9:15 Lower Body Strength Training 9 10:00 Chair Yoga - Jen 11:15 Assisted Living - Jen 1:30 Cardio Drumming - Jen 2:15 BenderBall Sittercize - Jen	8:30 Water Aerobics - Lee 10 9:00-11:00 Pickle Ball 9:15 Upper Body Strength Training - Liz 10:00 Stretch 2 - Liz 11:30 Memory Care 1:30 Chair Strength Training - Jen 2:15 Stretch 1 - Jen 3:30 Spires Strutters - Judy	8:30 Water Aerobics - Lee 11 <b>8:30 9/11 CAMPUS PATRIOT WALK</b> 9:15 Circuit City - Jen 10:00 Stretch 2 - Jen 11:15-12:15 AL & SN - Jen <b>1:30 9/11 CARDIO DRUMMING</b> 2:15 Chair Yoga - Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics - Janie Bird  <b>Patriot Day</b>	8:30 Water Aerobics - Lee 12 9:00-11:00 Pickleball 9:15 Cardio Crush - Liz 10:00 Chair Dancing - Judy 11:30 Memory Care 1:30 Balance - Jen 2:15 Stretch 1 - Jen	9:15 Tabata - Liz 13 10:00 Stretch 2 - Liz 10:45 Cardio Drumming - Liz 1:30 Sittercize/Chair Dancing - Jen	10:00 Walking Club 14
9:00 Step Aerobics 15 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics - Janie Bird	9:15 Lower Body Strength Training 16 10:00 Chair Yoga - Jen 11:15 Assisted Living - Jen 1:30 Cardio Drumming - Jen 2:15 BenderBall Sittercize - Jen	8:30 Water Aerobics - Lee 17 9:00-11:00 Pickle Ball 9:15 Upper Body Strength Training - Liz 10:00 Stretch 2 - Liz 11:30 Memory Care 1:30 Chair Strength Training - Jen 2:15 Stretch 1 - Jen 3:30 Spires Strutters - Judy	8:30 Water Aerobics - Lee 18 9:15 Circuit City - Jen 10:00 Stretch 2 - Jen 11:15-12:15 AL & SN - Jen 1:30 Cardio Drumming - Jen 2:15 Chair Yoga - Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics - Janie Bird	8:30 Water Aerobics - Lee 19 9:00-11:00 Pickleball 9:15 Cardio Crush - Liz 10:00 Chair Dancing - Judy 11:30 Memory Care 1:30 Balance - Jen 2:15 Stretch 1 - Jen	9:15 Tabata - Liz 20 10:00 Stretch 2 - Liz <b>10:45 BOWLING W/THE FITNESS GALS! (SIGN UP)</b> 1:30 Sittercize/Chair Dancing - Jen	10:00 Walking Club 21
9:00 Step Aerobics 22 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics - Janie Bird	9:15 Lower Body Strength Training 23 10:00 Chair Yoga - Jen 11:15 Assisted Living - Jen 1:30 Cardio Drumming - Jen 2:15 BenderBall Sittercize - Jen	8:30 Water Aerobics - Lee 24 9:00-11:00 Pickle Ball 9:15 Upper Body Strength Training - Liz 10:00 Stretch 2 - Liz 11:30 Memory Care 1:30 Chair Strength Training - Jen 2:15 Stretch 1 - Jen 3:30 Spires Strutters - Judy	8:30 Water Aerobics - Lee 25 9:15 Circuit City - Jen 10:00 Stretch 2 - Jen 11:15-12:15 AL & SN - Jen 1:30 Cardio Drumming - Jen 2:15 Chair Yoga - Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics - Janie Bird	8:30 Water Aerobics - Lee 26 9:00-11:00 Pickleball 9:15 Cardio Crush - Liz 10:00 Chair Dancing - Judy 11:30 Memory Care 1:30 Balance - Jen 2:15 Stretch 1 - Jen	9:15 Tabata - Liz 27 <b>9:30-12:30 RIFLE RANGE FIELD TRIP W/JEN (SIGN UP)</b> 10:00 Stretch 2 - Liz 10:45 Cardio Drumming - Liz 1:30 Sittercize/Chair Dancing - Jen	10:00 Walking Club 28
9:00 Step Aerobics 29 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics - Janie Bird	9:15 Lower Body Strength Training 30 10:00 Chair Yoga - Jen 11:15 Assisted Living - Jen 1:30 Cardio Drumming - Jen 2:15 BenderBall Sittercize - Jen	 <b>HEALTH &amp; FITNESS</b> <b>September 2024</b> <small>THE SPIRES AT BERRY COLLEGE</small>				