

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Upper Body Strength Training – Jen 10:30 Cardio Crush – Jen 10:30 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming – Jen 2:15 Sittercize – Tay 2:45 Stretch 1 – Tay	8:30 Water Aerobics – Lee 9:15 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Stretch 2 – Jen 1:30 Functional Training – Jen 2:15 Chair Strength Training – Jen	8:30 Water Aerobics – Lee 9:15 Upper Body Strength Training – Jen 10:30 Circuit City – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming – Jen 2:30 Sittercize/Chair Dancing – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 9:15 Cardio Crush – Liz 10:00-12:00 Pickleball 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Upper Body Strength Training – Jen 2:30 Balance – Tay	9:15 Tabata – Liz 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30 Sittercize – Tay 2:00 Stretch 1 – Tay	10:00 Walking Club	
						PEARL HARBOR DAY	
9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Upper Body Strength Training – Jen 10:30 Cardio Crush – Jen 10:30 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming – Jen 2:15 Sittercize – Tay 2:45 Stretch 1 – Tay	8:30 Water Aerobics – Lee 9:15 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Stretch 2 – Jen 1:30 Functional Training – Jen 2:15 Chair Strength Training – Jen	8:30 Water Aerobics – Lee 9:15 Upper Body Strength Training – Jen 10:30 Circuit City – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming – Jen 2:30 Sittercize/Chair Dancing – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 9:15 Cardio Crush – Liz 10:00-12:00 Pickleball 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:30 Upper Body Strength Training – Jen 2:30 Balance – Tay	10:30-1:00 BOWLING W/THE FITNESS GALS! SIGN UP IN THE FITNESS CENTER NATIONAL GUARD'S BIRTHDAY	10:00 Walking Club	
9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Upper Body Strength Training – Jen 10:30 Cardio Crush – Jen 10:30 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming – Jen 2:15 Sittercize – Tay 2:45 Stretch 1 – Tay	8:30 Water Aerobics – Lee 9:15 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Stretch 2 – Jen 1:30 Functional Training – Jen 2:15 Chair Strength Training – Jen	8:30 Water Aerobics – Lee 9:15 Upper Body Strength Training – Jen 10:30 Circuit City – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming – Jen 2:30 Sittercize/Chair Dancing – Jen 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee 9:15 Cardio Crush – Liz 10:00-12:00 Pickleball 11:30 Memory Care – Tay 1:30 Upper Body Strength Training – Jen 2:30 Balance – Tay	9:15 Tabata – Liz 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30 Sittercize – Tay 2:00 Stretch 1 – Tay 1:30-3:00 SHOOT HOOPS W/THE FITNESS GALS ON CAMPUS! SIGN UP IN FITNESS CENTER	10:00 Walking Club	
						WINTER SOLSTICE	
9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Upper Body Strength Training – Jen 10:30 Cardio Crush – Jen 10:30 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 CHRISTMAS PAJAMAS CARDIO DRUMMING: <i>Don your PJs and enjoy some hot cocoa afterwards!</i>	8:30 Water Aerobics – Lee 9:15 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Stretch 2 – Jen	MERRY Christmas CHRISTMAS DAY HANUKKAH BEGINS	8:30 Water Aerobics – Lee 9:15 Cardio Crush – Jen 10:00-12:00 Pickleball 10:15 Upper Body Strength Training – Jen 11:00 Balance – Jen	9:15 Tabata – Liz 10:00 Stretch 2 – Liz 10:45 Cardio Drumming – Liz 1:30 Sittercize – Tay 2:00 Stretch 1 – Tay	10:00 Walking Club	
		CHRISTMAS EVE					
9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Upper Body Strength Training – Jen 10:30 Cardio Crush – Jen 10:30 Memory Care – Tay 11:00 Assisted Living – Tay 1:30 Cardio Drumming – Jen 2:15 Sittercize – Tay 2:45 Stretch 1 – Tay	8:30 Water Aerobics – Lee 9:15 Lower Body Strength Training – Jen 10:00-12:00 Pickleball 10:30 Stretch 2 – Jen		 <p>HEALTH & FITNESS <i>December</i> 2024</p>			
		HAPPY NEW YEAR'S EVE NEW YEAR'S EVE					
			EL: Eagle's Landing Bar MB: Mount Berry Room AS: Art Studio	FD: Formal Dining DR: Dining Room DH: Dining Hallway	DP: Dining Patio LL: Longleaf Lodge GR: Game Room	CR: Club Room/Library FC: Fitness Center CL: Commons Lobby	MP: Magnolia Place BC: Bocce Ball Court