



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>January</h1>		<h2>HEALTH & FITNESS 2025</h2> <p>A = Advanced Level B = Beginner Level I = Intermediate Level</p>		 <p>NEW YEAR'S DAY</p>	<p>8:30 Water Aerobics – Lee 9:15 Cardio Crush (A) – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Full Body Strength Training (A) – Jen 2:30 Washboard Abs (A) – Jen 3:00 Chair Strength Training (A, I, B) – Tay</p>	<p>9:15 Tabata (A) – Liz 10:00 Stretch 2 (A, I) – Liz 10:45 Cardio Drumming (A, I, B) – Liz 1:30 Sittercize (A, I, B) – Tay 2:00 Balance (A, I, B) – Tay</p>	<p>10:00 Walking Club</p>
		<p>9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>9:15 Full Body Strength Training (A) – Jen 10:00 Memory Care – Tay 10:30 Skilled Nursing – Tay 10:30 Washboard Abs (A) – Jen 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Tay 2:45 Stretch 1 (B) – Tay</p>	<p>8:30 Water Aerobics – Lee 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs & Stretch (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Balance (A, I, B) – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 9:15 Circuit City (A) – Jen 10:00 Stretch 2 (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Jen 2:30 Sittercize/Chair Dancing (A, I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>8:30 Water Aerobics – Lee 9:15 Cardio Crush (A) – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Full Body Strength Training (A) – Jen 2:30 Washboard Abs (A) – Jen 3:00 Chair Strength Training (A, I, B) – Tay</p>	<p>9:15 Tabata (A) – Liz 10:00 Stretch 2 (A, I) – Liz 10:45 Cardio Drumming (A, I, B) – Liz 1:30 Sittercize (A, I, B) – Tay 2:00 Balance (A, I, B) – Tay</p>
<p>9:00 Step Aerobics 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>9:15 Full Body Strength Training (A) – Jen 10:00 Memory Care – Tay 10:30 Skilled Nursing – Tay 10:30 Washboard Abs (A) – Jen 11:00 Assisted Living – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Tay 2:45 Stretch 1 (B) – Tay</p>	<p>8:30 Water Aerobics – Lee 9:15 Cardio Crush (A) – Jen 10:15 Washboard Abs & Stretch (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Balance (A, I, B) – Jen 3:30 Spires Strutters – Judy</p>	<p>8:30 Water Aerobics – Lee 9:15 Circuit City (A) – Jen 10:00 Stretch 2 (A, I) – Jen 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Jen 2:30 Sittercize/Chair Dancing (A, I, B) – Tay 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird</p>	<p>8:30 Water Aerobics – Lee 9:15 Cardio Crush (A) – Liz 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Full Body Strength Training (A) – Jen 2:30 Washboard Abs (A) – Jen 3:00 Chair Strength Training (A, I, B) – Tay</p>	<p>9:15 Tabata (A) – Liz 10:00 Stretch 2 (A, I) – Liz 10:45 Cardio Drumming (A, I, B) – Liz 1:30 Sittercize (A, I, B) – Tay 2:00 Balance (A, I, B) – Tay</p>	<p>10:00 Walking Club</p>	
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