



MONDAY

Better Balance 9:00 - 9:45am Hefner Auditorium **1**
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:45-2:30pm Kindley 3rd Floor
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

TUESDAY

Water Walking 9:15 - 10:00am Pool **2**
Parkinson's TRX 11-12pm Diamond Lifestyle Rm
Line Dancing (CANCELED)
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Bocce 2:00pm Bocce Court Diamond
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm



WEDNESDAY

Pace Yourself 9:30 - 10:15am Pool **3**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Lawn



THURSDAY

Water Walking 9:15 - 10:00am Pool **4**
Bone Builders (CANCELED)
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise (CANCELED)

FRIDAY

Pace Yourself 9:30 - 10:15am Pool **5**
Stand Up Get Fit (CANCELED)
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Core & Flexibility (CANCELED)
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength (CANCELED)

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Better Balance 9:00 - 9:45am Hefner Auditorium **8**
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:45-2:30pm Kindley 3rd Floor
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **9**
Parkinson's TRX 11-12pm Diamond Lifestyle Rm
Line Dancing 10 - 11am Line Dancing Rosborough
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Bocce 2:00pm Bocce Court Diamond
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool **10**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Lawn

Water Walking 9:15 - 10:00am Pool **11**
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

**Memory Academy ~HCHP
Parker Hall 9:30am - 11:30**

Pace Yourself 9:30 - 10:15am Pool **12**
Stand Up Get Fit (CANCELED)
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Core & Flexibility 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

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Better Balance 9:00 - 9:45am Hefner Auditorium **15**
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:45-2:30pm Kindley 3rd Floor
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **16**
Parkinson's TRX 11-12pm Diamond Lifestyle Rm
Line Dancing 10 - 11am Line Dancing Rosborough
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Bocce 2:00pm Bocce Court Diamond
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm

Pace Yourself 9:30 - 10:15am Pool **17**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Lawn



Water Walking 9:15 - 10:00am Pool **18**
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

**Ask the Doctors' @ AMV
Joint: Repairs & replacement
Rosborough Comm. Rm 2-3pm**

Pace Yourself 9:30 - 10:15am Pool **19**
Stand Up Get Fit (CANCELED)
On Your Seat (CANCELED)
Light & Easy Aerobics 10-10:45am Hefner
Core & Flexibility 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View

2019

Better Balance 9:00 - 9:45am Hefner Auditorium **22**
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:45-2:30pm Kindley 3rd Floor
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **23**
Parkinson's TRX 11-12pm Diamond Lifestyle Rm
Line Dancing 10 - 11am Line Dancing Rosborough
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Bocce 2:00pm Bocce Court Diamond
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm



Pace Yourself 9:30 - 10:15am Pool **24**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosb. Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium
Outdoor Games 6:30-8:30pm Parker Lawn

Water Walking 9:15 - 10:00am Pool **25**
Bone Builders 9:15 - 10:30am Hefner Auditorium
Stretch & Tone 10:15 - 10:45am Kindley Lvg Rm
Tai Chi 11:30am - 12:30pm Diamond Lifestyle Rm
Bocce 2:00pm Bocce Court Diamond
Parkinson's Exercise 3 - 3:50pm Kindley 3rd fl

**Memory Academy ~HCHP
Parker Hall 9:30am - 11:30**

Pace Yourself 9:30 - 10:15am Pool **26**
Stand Up Get Fit (CANCELED)
On Your Seat 10:00 - 10:45am Parker Hall
Light & Easy Aerobics 10-10:45am Hefner
Core & Flexibility 11:05 - 11:50am Hefner
Aqua Challenge 11:00 - 11:45am Pool
Ping Pong 2:00 - 4:00pm Diamond Lifestyle
Functional Strength 2:00 - 2:45pm Park View



Better Balance 9:00 - 9:45am Hefner Auditorium **29**
Bone Builders 10:15 - 11:30am Hefner Auditorium
Pace Yourself 9:30 - 10:15am Pool
Stretch & Tone 10:00 - 10:30am Kindley Living Room
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise 1:45-2:30pm Kindley 3rd Floor
Better Mobility 2:30-3:15pm Rosborough Comm. Rms
Yoga 3:15 - 4:15pm Hefner Auditorium
Senior Fit 4:30-5:15pm Hefner Auditorium

Water Walking 9:15 - 10:00am Pool **30**
Parkinson's TRX 11-12pm Diamond Lifestyle Rm
Line Dancing 10 - 11am Line Dancing Hefner
Aqua Balance 11:00 - 11:45am Pool
On Your Seat 11:00 - 11:45am Parker Hall
Bocce 2:00pm Bocce Court Diamond
Ping Pong 2:00 - 4:00pm Diamond Lifestyle Rm



Pace Yourself 9:30 - 10:15am Pool **31**
Total Body Tune-Up 10:00 - 10:45am Hefner Aud
Aqua Challenge 11:00 - 11:45am Pool
Parkinson's Exercise at WHCC 2 - 3pm Floor 2
Better Mobility 2:30-3:15pm Rosborough Hallway
Yoga 3:15 - 4:15pm Rosborough Comm. Rm
Senior Fit 4:30-5:15pm Rosborough Comm. Rm
Outdoor Games 6:30-8:30pm Parker Lawn

**JULY 4
POOL & SPA HOURS
8:30AM-NOON
1:00PM-3:00PM**

