






# The Wellness Calendar

## May 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
    	<b>2</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 3:00 Health Connect (CR) <b>4:00 NO MUSCLE STRETCH</b>	<b>3</b>  <b>Senior Symposium- Westminster Hall</b>  <b>NO CLASSES TODAY</b>	<b>4</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:00 Health Connect (CR) 3:30 Stretch (M) 4:00 Muscle Stretch (CR)	<b>5</b>  9:00 Balance In Motion (CR) 11:00 Balance Circuit (EX) 11:15 Healthy Motion (HC) 1:30 Assisted Aquatics (P)	<b>6</b>  8:30 FLEX (CR) 9:00 Water Aerobics (P) <b>11:00 Courtyard Stretch</b> 1:00 Wii Bowling (CR) 2:00 Arthritis Aquatics (P) 3:00 Kitchen Band (CR) <b>4:00 Courtyard Stretch</b>
	<b>9</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 3:00 Health Connect (CR) 4:00 Muscle Stretch (CR)	<b>10</b>  9:00 Balance In Motion (CR) 10:30 FLEX (CR) 11:00 Balance Circuit (EX) 2:00 Arthritis Aquatics (P)	<b>11</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:00 Health Connect (CR) 3:30 Stretch (M) 4:00 Muscle Stretch (CR)	<b>12</b>  9:00 Balance In Motion (CR) 11:00 Balance Circuit (EX) 11:15 Healthy Motion (HC) 1:30 Assisted Aquatics (P)	<b>13</b>  8:30 FLEX (CR) 9:00 Water Aerobics (P) <b>11:00 Courtyard Stretch</b> 1:00 Wii Bowling (CR) 2:00 Arthritis Aquatics (P) 3:00 Kitchen Band (CR) <b>4:00 Courtyard Stretch</b>
	<b>16</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 3:00 Health Connect (CR) 4:00 Muscle Stretch (CR)	<b>17</b>  <b>Walk for Wellness @ Winthrop Lake</b>  2:00 Arthritis Aquatics (P)	<b>18</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:00 Health Connect (CR) 3:30 Stretch (M) 4:00 Muscle Stretch (CR)	<b>19</b>  11:00 Balance Circuit (EX) 11:15 Healthy Motion (HC) 1:30 Assisted Aquatics (P) <b>2:00 Popcorn Lecture (CR)</b>	<b>20</b>  8:30 FLEX (CR) 9:00 Water Aerobics (P) <b>11:00 Courtyard Stretch</b> 1:00 Wii Bowling (CR) <b>2:00 Kitchen Band Departs for Carriage Club of Charlotte</b>
	<b>23</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 3:00 Health Connect (CR) 4:00 Muscle Stretch (CR)	<b>24 MASSAGE THERAPY</b>  9:00 Balance In Motion (CR) 10:30 FLEX (CR) 11:00 Balance Circuit (EX) 2:00 Arthritis Aquatics (P)	<b>25 MASSAGE THERAPY</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:00 Health Connect (CR) 3:30 Stretch (M) 4:00 Muscle Stretch (CR)	<b>26</b>  9:00 Balance In Motion (CR) 11:00 Balance Circuit (EX) 11:15 Healthy Motion (HC) 1:30 Assisted Aquatics (P)	<b>27</b>  8:30 FLEX (CR) 9:00 Water Aerobics (P) <b>11:00 Courtyard Stretch</b> 1:00 Wii Bowling (CR) 2:00 Arthritis Aquatics (P) 3:00 Kitchen Band (CR) <b>4:00 Courtyard Stretch</b>
	<b>30</b>  9:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 3:00 Health Connect (CR) 4:00 Muscle Stretch (CR)	<b>31</b>  9:00 Balance In Motion (CR) 10:30 FLEX (CR) 11:00 Balance Circuit (EX) 2:00 Arthritis Aquatics (P)	Wellness Department Contacts:  * Jonathan Kimball- ext # 5077 * Casey Brown- ext # 5211		<b>Things to Look For:</b> * Wellness Walks * Popcorn Lecture * Friday stretch classes will be held in the courtyard in the month of May, weather permitting
	<b>Location Key:</b> <b>P – Pool</b> <b>M – Manor</b> <b>EX – Exercise Room</b> <b>CR – Community Room</b> <b>HC – Health Center</b> <b>L - Lobby</b> <b>R - Registered Class</b>				