

Wellness Calendar

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 9:00am – Power Up W/Emily (CA) 10:00am - Pick Up the Pace W/ Emily (CA) 11:00am – Seated Strength W/ Emily (CA) 1:00pm – Seashell and Affirmations (AC) 2:00 pm – Prime Time Tappers W/ Boyd (CA) 10:00am -Aquarobics W/ Amy	3 9:00am -Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Chair Yoga W/Kelly (CA) 10:00am - Aqua Arthritis W/ Kelly 1:00pm - Aqua Cardio &Core W/Emily	4 Booster Clinic Day - 9:00am-3:00pm (CA)	5 9:00am -Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Floor Yoga W/Kelly (CA) 2:00pm - The Science of Mindfulness- Why Mindfulness Matters (MR) 10:00am - Aqua Yoga W/ Kelly 1:00pm - Aqua Cardio &Core W/Emily	6 9:00am – Power Up W/Emily (CV Patio) 10:00am - Circuit Training W/ Marissa (CV Patio) 11:00am – Seated Strength W/Emily (CV Patio) 10:00am -Aquarobics W/ Amy	7 Open Ping Pong- Resident Led
8 Open Ping Pong- Resident Led	9 9:00am – Power Up W/Emily (CV Patio) 10:00am - Pick Up the Pace W/ Emily (CV Patio) 11:00am – Seated Strength W/ Emily (CV Patio) 12:00pm - Mother's Day March- Sign Up Required W/ Lifestyles 10:00am -Aquarobics W/ Amy	10 9:00am -Mind Muscle Motion W/Dave (CV Patio) 10:00am - Balance & Core W/Dave (CV Patio) 11:00am – Chair Yoga W/Kelly (CV Patio) 2:00pm - The Science of Mindfulness- Troublesome Brains (MR) 10:00am - Aqua Arthritis W/ Kelly 1:00pm - Aqua Cardio &Core W/Marissa	11 9:00am – Power Up W/June (CA) 11:00am – Seated Strength W/ Marissa (CA) 1 :00pm – Tai Chi W/Marissa (CA) 10:00am -Aquarobics W/ Amy	12 9:00am -Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Floor Yoga W/Kelly (CA) 2:00pm - The Science of Mindfulness- Informal, Formal, and Intensive Practices (MR) 10:00am - Aqua Yoga W/ Kelly 1:00pm - Aqua Cardio &Core W/Marissa	13 9:00am – Power Up W/Emily (CV Patio) 10:00am - Circuit Training W/ Marissa (CV Patio) 11:00am – Seated Strength W/Emily (CV Patio) 10:00am -Aquarobics W/ Amy	14 Open Ping Pong- Resident Led
15 Open Ping Pong- Resident Led	16 9:00am – Power Up W/Amy (CA) 10:00am - Pick Up the Pace W/ Emily 11:00am – Seated Strength W/ Emily (CA) 2:00 pm – Bike Ride W/Marissa-Bike Required (CV) 2:00 pm – Prime Time Tappers W/ Boyd (CA) 10:00am -Aquarobics W/ Amy	17 9:00am -Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Chair Yoga W/Kelly (CA) 2:00pm - The Science of Mindfulness- Who Am I? The Perils of Self- (MR) 10:00am - Aqua Arthritis W/ Kelly 1:00pm - Aqua Cardio &Core W/Marissa	18 9:00am – Power Up W/Amy (CA) 10:00am - Pick Up the Pace W/Emily (CA) 11:00am – Seated Strength W/ Marissa (CA) 1:00 pm – Silent Meditation Walk W/Emily (CV) 10:00am -Aquarobics W/ Amy	19 9:00am -Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Floor Yoga W/Kelly (CA) 2:00pm - The Science of Mindfulness- Mindfulness or Psychotherapy (MR) 10:00am - Aqua Yoga W/ Kelly 1:00pm - Aqua Cardio &Core W/Marissa	20 9:00am – Power Up W/Kelly (CV Patio) 10:00am - Circuit Training W/ Marissa (CV Patio) 11:00am – Seated Strength W/Dave (CV Patio)	21 Open Ping Pong- Resident Led

May 2022

Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
Open Ping Pong- Resident Led	<p>9:00am – Power Up W/Amy (CA) 10:00am- Pick Up the Pace W/ Joy 11:00am – Seated Strength W/ Joy (CA) 2:00pm – Art of Massage with Massage Therapist Laura (CA) 2:00 pm – Prime Time Tappers W/ Boyd (CA)</p> <p>10:00am-Aquarobics W/ Amy</p>	<p>9:00am-Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Chair Yoga W/Kelly (CA) 2:00pm- The Science of Mindfulness- Attention and Empathy in Relationships (MR)</p> <p>10:00am- Aqua Arthritis W/ Kelly 1:00pm- Aqua Cardio &Core W/Marissa</p>	<p>9:00am – Power Up W/Amy(CV Patio) 10:00am- Pick Up the Pace W/Emily (CV Patio) 11:00am – Seated Strength W/ Marissa (CV Patio)</p> <p>10:00am-Aquarobics W/ Amy 2:00 pm – Meditation Float W/ Marissa (AC)</p>	<p>9:00am-Mind Muscle Motion W/Dave (CV Patio) 10:00am - Balance & Core W/Dave (CV Patio) 11:00am – Floor Yoga W/Kelly (CV Patio) 2:00pm- The Science of Mindfulness- Compassion and Self-Compassion (MR) 10:00am- Aqua Yoga W/ Kelly 1:00pm- Aqua Cardio &Core W/Marissa</p>	<p>9:00am – Power Up W/Emily (CV Patio) 10:00am- Circuit Training W/ Marissa (CV Patio) 11:00am – Seated Strength W/Emily (CV Patio)</p>	Open Ping Pong- Resident Led
29	30	31				
Open Ping Pong- Resident Led	<p style="text-align: center;">Holiday Break ~No Classes~</p> <p style="text-align: center;">Open Ping Pong- Resident Led</p>	<p>9:00am-Mind Muscle Motion W/Dave (CA) 10:00am - Balance & Core W/Dave (CA) 11:00am – Chair Yoga W/Marissa (CA) 2:00pm- The Science of Mindfulness- Tailoring Practices to Fit Changing Needs (MR)</p> <p>10:00am- Aqua Arthritis W/ Amy 1:00pm- Aqua Cardio &Core W/Marissa</p>				