

AUGUST

	Mon	Tue	Wed	Thu	Fri	Sat
			1 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 9am YOGA w/Hailey-Free 3-4pm SilverSplash@ w/Kim	2 8:30 DeepWater AerFree 9-10 Chair YOGA w/Sue 10:15 SilverSneakers@ Classic Class 4-5pm WaterAerobics w/Kim 6:30pm Pool Players	3 8:30 WaterAerobics-Free	4
5	6 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 5:45-7:45pm Kid's Swim Lessons		8 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 9am Clubhouse Comm. Mtg/Loft 9am Yoga w/Hailey-Free 3-4pm SilverSplash@ w/Kim 5:45-7:45pm Kid's Swim Lessons	9 8:30 DeepWater AerFree 9-10am Chair YOGA 10:15 SilverSneakers@ Classic Class 4-5pm WaterAerobics w/Kim 1-3 Kid's Swim Lessons 4pm Corp Mtg/Loft 6:30pm Pool Players	10 8:30 WaterAerobics-Free 5:30 TGIF – Free to Clubhouse Members No sign-up	11
12	13 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 5:45-7:45pm Kid's Swim Lessons	14 8:30Water Aerobic-Free 9-10am Chair YOGA w/Sue 10:15 SilverSneakers@ Classic Class 1-3 Kid's Swim Lessons 4-5pmWater Aerobics-Free	15 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 9am Yoga w/Hailey-Free 3-4pm SilverSplash@ w/Kim 5:45-7:45pm Kid's Swim Lessons	16 8:30 DeepWater AerFree 9-10am Chair YOGA 10:15 SilverSneakers@ Classic Class 4-5 WaterAerobics w/Kim 1-3 Kid's Swim Lessons 6:30pm Pool Players	17 8:30 Water Aerobics-Free	18
19	20 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 5:45-7:45pm Kid's Swim Lessons NEWSLETTER DEADLINE	21 8:30Water Aerobics-Free 9-10am Chair YOGA w/Sue 10:15 SilverSneakers@ Classic Class 1-3 Kid's Swim Lessons 4-5pmWater Aerobics-Free	22 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 9am Yoga w/Hailey-Free 3-4pm SilverSplash@ w/Kim 5:45-7:45pm Kid's Swim Lessons	23 8:30 DeepWater AerFree 9-10am Chair YOGA 10:15 SilverSneakers@ Classic Class 4-5pm WaterAerobics w/Kim 1-3 Kid's Swim Lessons 6:30pm Pool Players	24 8:30 Water Aerobics-Free	25 5:30pm CCC Luau Dinner RSVP \$15pp
26	27 7am Sunrise YOGA s/Sue 8:30 Water Aerobics-Free 5:45-7:45pm Kid's Swim Lessons	28 8:30Water Aerobics-Free 9-10am Chair YOGA w/Sue 10:15 SilverSneakers@ Classic Class 1-3 Kid's Swim Lessons 4-5pmWater Aerobics-Free	29 7am Sunrise YOGA w/Sue 8:30 Water Aerobics-Free 5:45-7:45pm Kid's Swim Lessons	30 8:30 DeepWater AerFree 9-10am Chair YOGA 10:15 SilverSneakers@ Classic Class 4-5 WaterAerobics w/Kim 1-3 Kid's Swim Lessons	31 8:30 Water Aerobics-Free	

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