



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATIONS Fitness Center, FC	Forum Theatre, FT	Pool, P	1 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	2 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	3 8:30 Water Aerobics, P 9:30 Fishing Group	INDEPENDENCE DAY 4 11:00 FIT Chair Yoga®, FT 1:15 Pedal the World, FT
5	6 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	7 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	8 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	9 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	10 8:30 Water Aerobics, P 9:30 Fishing Group	11 11:00 FIT Chair Yoga®, FT 1:15 Pedal the World, FT
12	13 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	14 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	15 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	16 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	17 8:30 Water Aerobics, P 9:30 Fishing Group	18 11:00 FIT Chair Yoga®, FT 1:15 Pedal the World, FT
19	20 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	21 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	22 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	23 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	24 8:30 Water Aerobics, P 9:30 Fishing Group	25 11:00 FIT Chair Yoga®, FT 1:15 Pedal the World, FT
26	27 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	28 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	29 8:30 Water Aerobics, P 10:00 Upper Body Strengthening, FT 11:00 Active Chair Class, FT 1:00 Walking Group, FC 2:30 Muscle Massage, FC	30 10:00 Lower Body Strengthening, FT 11:00 Balance Class, FT 1:00 Community Circuit, FC 1:30 Pedal the World, FT 2:30 Fitness Center Guidance, FC	31 8:30 Water Aerobics, P 9:30 Fishing Group	<p>Due to calendar space, all programs may not be reflected.</p> <p>To stay up to date with all events, please visit the GiGi Assistant® app.</p>