

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ➤ No Fitness Classes September 4th Happy Labor Day ➤ Classes highlighted in blue are held in the Oakside group exercise room located next to the Wellness Center ➤ Classes highlighted in red are held in the Lakeside Essence Lounge ➤ Thursday @ 3PM we have a Ping Pong Practice Group open to all residents ➤ Water Volleyball is being held at Lakeside pool Sunday 1:00-2:30 Pm 				1 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 11:00 Learn to Meditate 2:00 Meditation Group
4 No Fitness Happy Labor Day!	5 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	6 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	7 9:15 No Seated Yoga 10:00 Water Fitness 10:30 No Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	8 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 11:00 Learn to Meditate 2:00 Meditation Group
11 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	12 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:00 Tai Chi	13 8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy	14 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	15 8:15 Fitness 9:00 Fitness 10:00 Water In Motion 11:00 Learn to Meditate 2:00 Meditation Group
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