




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>POOL THERAPY</b> Help with exercise program</p> <p><b>SWIM INDEPENDENT</b> Stand by assist</p>	<p>2 9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/Theresa (DS) 3:00 Gentle Stretching &amp; Strengthening w/ Theresa (DS)</p>	<p>3 10:00 Ruby's Easy Chair Dancing (DS) 9:30 POOL CANCELLED COME AT 11:00 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS)</p> <p>Afternoon Pool &amp; Stretch Class Cancelled for this month</p>	<p>4 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/Theresa (DS) 2:30 Brain HQ CANCELLED TODAY (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>5 10:30 Pool w/ Ana (PL) 11:00 Theresa's Body and Balance Class (DS) 3:00 Gentle Chair Exercise &amp; Stretch with Ruby (DS)</p>	<p>6 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/ Theresa (DS) 1:30 Brain Fit Class w/Ana (A3)</p>	<p>7 10:00 Tai Chi (MC) 11:40 Tai Chi (MC) 11:00 Swim Independent (PL) 3:00 Brain Fit Class w/Ana (A3)</p>
<p><b>GENTLE EXERCISE</b> Suits all levels Designed to reduce stress &amp; Increase flexibility</p>	<p>9 9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/Theresa (DS) 3:00 Gentle Stretching &amp; Strengthening w/ Theresa (DS)</p>	<p>10 10:00 Ruby's Easy Chair Dancing (DS) 9:30 - 10:30 Pool w/Andrea (PL) 11:00 Pool Independent (PL) 11:00 ZUMBA CANCELLED</p> <p>Afternoon Pool &amp; Stretch Class Cancelled for this month</p>	<p>11 9:00 Walk to Park (LB) 10:00 - 12:00 POOL CANCELLED TODAY (PL) 11:00 Weights CANCELLED (G) 11:00 Move It or Lose It Exercise w/Theresa (DS) 2:30 Brain HQ Program Training Class w/ Debra (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>12 10:30 Pool w/ Ana (PL) 11:00 Theresa's Body and Balance Class (DS) 3:00 Gentle Chair Exercise &amp; Stretch with Ruby (DS)</p>	<p>13 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 WEIGHTS CANCELLED TODAY 11:00 Move It or Lose It Exercise w/Theresa (DS) 1:30 Brain Fit Class w/Ana (A3)</p>	<p>14 10:00 Tai Chi (MC) 11:40 Tai Chi (MC) 11:00 Swim Independent (PL) 3:00 Brain Fit Class w/Ana (A3)</p>
<p><b>LOW</b> Simple chair exercises with emphasis on balance training &amp; fall prevention. Assistance with your Physical Therapy exercises</p>	<p>16 9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/Theresa (DS) 3:00 Gentle Stretching &amp; Strengthening w/ Theresa (DS)</p>	<p>17 10:00 Ruby's Easy Chair Dancing (DS) 9:30 - 10:30 Pool w/Andrea (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS)</p> <p>Afternoon Pool &amp; Stretch Class Cancelled for this month</p>	<p>18 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/Theresa (DS) 2:30 Brain HQ Program Training Class w/ Debra (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>19 10:30 Pool w/ Ana (PL) 11:00 Theresa's Body and Balance Class (DS) 3:00 Gentle Chair Exercise &amp; Stretch with Ruby (DS)</p>	<p>20 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/Theresa (DS)</p>	<p>21 10:00 Tai Chi (MC) 11:40 Tai Chi (MC) 11:00 Swim Independent (PL) 3:00 Brain Fit Class w/Ana (A3)</p>
<p><b>MODERATE</b> Fitness for cardio, strength and stretch A good all round workout for most fitness levels.</p>	<p>23 9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/Theresa (DS) 3:00 Gentle Stretching &amp; Strengthening w/ Theresa (DS)</p>	<p>24 10:00 Ruby's Easy Chair Dancing (DS) 9:30 - 10:30 Pool w/Andrea (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS)</p> <p>Afternoon Pool &amp; Stretch Class Cancelled for this month</p>	<p>25 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/Theresa (DS) 2:30 Brain HQ Program Training Class w/ Debra (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>26 10:30 Pool w/ Ana (PL) 11:00 Theresa's Body and Balance Class (DS) 3:00 Gentle Chair Exercise &amp; Stretch with Ruby (DS)</p>	<p>27 9:00 Walk to Park (LB) 10:00 - 12:00 POOL (PL) 11:00 Weights Workout (G) 11:00 Move It or Lose It Exercise w/Theresa (DS) 1:30 Brain Fit Class w/Ana (A3)</p>	<p>28 10:00 Tai Chi (MC) 11:40 Tai Chi (MC) 11:00 Swim Independent (PL) 3:00 Brain Fit Class w/Ana (A3)</p>
<p><b>MODERATE - HIGH</b> These classes are for those who can tolerate a steady workout for 30 minutes or more.</p>	<p>30 9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/Theresa (DS) 3:00 Gentle Stretching &amp; Strengthening w/ Theresa (DS)</p>				<p><b>KEY</b> 1st FLOOR DS - DANCE STUDIO G - GYM P - PIAZZA PL - POOL MC - MATHES CENTER COMMUNITY ROOM REF - SOLARIUM IN MEMORY CARE 2nd FLOOR S2 - SOLARIUM</p>	<p>3rd FLOOR A3 - ACTIVITIES ROOM L3 - FAMILY ROOM</p> <p>Schedule subject to change - Please refer to weekly and daily updates. St Pauls Plaza 1420 E Palomar St Chula Vista 91913 License # 374603643</p>