

September 2019

Mon	Tue	Wed	Thu	Fri
2 Closed for the Holiday The lap pool and hot tub are closed this week for cleaning.	3 8:30 am Aqua Yoga Warm Pool 10:45 SSB (20) Studio A 12:00pm Gentle Joints 1:00 Book Club	4 10:15am SSSB (15) Teen Center 12:00pm-Splash	5 10:15am Chair Yoga 12:00pm Gentle Joints	6 10:15am SSSB (15) Teen Center 12:00pm-Splash
9 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm Splash	10 9:00am Water Fitness 10:45 SSB (20) Studio A 12:00pm Gentle Joints	11 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm-Splash 1:00 Cancer Support	12 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints	13 8:00am Water Fitness 10:15am Tai Ji Balance (15) Teen Center 12:00pm-Splash Verizon Tech Talk 11:00
16 8:00am Water Fitness 10:00 Grief Recovery Presentation 10:15am SSSB (15) Teen Center 12:00pm Splash	17 9:00am Water Fitness 10:45 SSB (20) Studio A 12:00pm Gentle Joints 5:30pm Water Fitness 6:30pm Gentle Yoga	18 8:00am Water Fitness 10:15am SSSB (15) Teen Center 11:00 Grief Recovery Presentation 12:00pm-Splash	19 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints	20 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm-Splash
23 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm Splash	24 9:00am Water Fitness 10:45 SSB (20) Studio A 12:00pm Gentle Joints	25 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm-Splash	26 9:00-3:00 Senior Resource Talk- registration required 9:00am Water Fitness 10:15am Chair Yoga 12:00pm Gentle Joints	27 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm-Splash
30 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm Splash	1 9:00am Water Fitness 10:45 SSB (20) Studio A 12:00pm Gentle Joints	2 8:00am Water Fitness 10:15am SSSB (15) Teen Center 12:00pm-Splash		Coffee & Conversation every Monday from 9:00-11:00 am in the lobby



Updated information about the gymnasium shut down.

Evening classes were removed and new classes were added with location. Spots are available on a first come first serve basis. Class capacity was added with (). Tickets will be given out at the Welcome Center and collected by the Instructor in class.

Look for Pop ups