








| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 3 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) 11:00 Tai Chi L1/2/3 (C) | 4 Classes Canceled. Happy 4th of July!  | 5 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) | 6 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL)  | 7 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) |
| 10 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) 11:00 Tai Chi L1/2/3 (C) | 11 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Dance Fitness (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL) | 12 9:00 Group Strength L2/3 (C) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) | 13 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL)  | 14 10:00 Group Strength L2/3 (C) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) |
| 17 10:00 Group Strength L2/3 (C) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) 11:00 Tai Chi L1/2/3 (C) | 18 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Dance Fitness (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL) | 19 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) | 20 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL)  | 21 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) |
| 24 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) 11:00 Tai Chi L1/2/3 (C) | 25 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Dance Fitness (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL) | 26 9:00 Group Strength L2/3 (C) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) | 27 8:30 Balance L3 (A) 9:00 Balance L1/2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (A) 11:15 Chair Aerobics L1 (AL)  | 28 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) |
| 31 10:00 Group Strength L2/3 (A) 11:15 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) 11:00 Tai Chi L1/2/3 (C) | LOCATION KEY (A) Auditorium (AL) Assisted Living (C) Clubhouse (W) Wellness Center |  | Asbury Solomons Group Exercise Schedule July 2017 | |

AQUATIC EXERCISE SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------------|---------------------------|--------------------------------------|---------------------------|---|---------------------------|
| 8:00-9:45 Open Swim | 8:00 – 12:00 Open Swim | 8:00-9:45 Open Swim | 8:00 – 12:00 Open Swim | 8:00-9:45 Open Swim | 8:00 – 12:00 Open Swim |
| 9:45-10:30 Water Aerobics L2/3 | | 9:45-10:30 Water Aerobics L2/3 | | 9:45-10:30  L2/3 | |
| 10:45-11:30 Aqua Balance L1/2 | | 10:45-11:30 Aqua Balance L1/2 | | 10:45-11:30 Aqua Balance L1/2 | |
| 11:30-12:30 Open Swim | | 11:30-12:30 Open Swim | | 11:30-12:30 Open Swim | |



ASBURY SOLOMONS
July 2017 WELLNESS SPECIAL EVENTS CALENDAR

| | | | |
|----------------------|--|------------|----------------------|
| <i>July 3, Mon.</i> | Afternoon Movie Classics | | CANCELLED |
| <i>July 4, Tue.</i> | Monthly Resident Meeting | | CANCELLED |
| <i>July 5, Wed.</i> | Chewin' the Fat | | CANCELLED |
| <i>July 9, Sun.</i> | Sentimental Journey <i>Performance: Jennifer Cooper</i> | TBD | Auditorium |
| <i>July 12, Wed.</i> | Hitch Hikers <i>Location: Chesapeake Biological Lab</i> | 8:30 a.m. | Sign up at Reception |
| <i>July 15, Sat.</i> | Movies with Spirit <i>The Light between Oceans</i> | 7:00 p.m. | Auditorium |
| <i>July 18, Tue.</i> | Movie Night with Jim Bershon <i>Hidden Figures</i> | 7:15 p.m. | Auditorium |
| <i>July 22, Sat.</i> | Saturday Night at Movies <i>The Bucket List</i> | 7:00 p.m. | Auditorium |
| <i>July 26, Wed.</i> | New Beginnings | 12:00 p.m. | Riverview Restaurant |
| <i>July 27, Thu.</i> | Talk of the Town <i>Guest: TBA</i> | 2:00 p.m. | Riverview Restaurant |