

Monday

Tuesday

Wednesday

Thursday

Friday

Asbury Solomons Group Exercise Schedule June 2016

		1 10:00 Group Strength (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	2 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A)  10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL)	3 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) RIVERFEST! SEE CH 970 FOR DETAILS!
6 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	7 8:30 Balance L3 (C) 9:00 Balance L2 (W) 9:00 Aerobics L3 (C) NO YOGA 10:30 Chair Aerobics L1 (AL) 11:00 Tai Chi L1/2/3 (C)	8 10:00 Group Strength L2/3 (C) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C) Hitch Hikers to Kings Landing (Sign up @ Reception)	9 8:30 Balance L3 (C) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (C)  10:00 Yoga (C) 10:30 Chair Aerobics L1 (AL)	10 10:00 Group Strength L2/3 (C) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)
13 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	14 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Aerobics L3 (A) 10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL) 11:00 Tai Chi L1/2/3 (C)	15 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	16 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A)  10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL)	17 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)
20 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	21 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Aerobics L3 (A) 10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL) NO TAI CHI	22 10:00 Group Strength L2/3 (C) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	23 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A)  10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL)	24 10:00 Group Strength L2/3 (C) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)
27 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	28 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Aerobics L3 (A) 10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL) NO TAI CHI	29 10:00 Group Strength L2/3 (A) 11:00 Fit & Strong L1 (AL) 1:30 Strength & Balance L1 (C)	30 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A)  10:00 Yoga (A) 10:30 Chair Aerobics L1 (AL)	LOCATION KEY (A) Auditorium (AL) Assisted Living (C) Clubhouse (P) Piano Lounge (W) Wellness Center



AQUATIC EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:45 Open Swim	8:00 – 12:30 Open Swim	8:00-9:45 Open Swim	8:00 – 12:30 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 Water Aerobics L2/3	
10:30-11:30 Open Swim		10:30-11:30 Open Swim		10:30-11:30 Open Swim	
11:30-12:15 Men's Aquatics L1/2		11:30-12:15 Men's Aquatics L1/2		11:30-12:15 Men's Aquatics L1/2	
12:15 – 1:00 Open Swim		12:15 – 1:00 Open Swim		12:15 – 1:00 Open Swim	