

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2019 HYGEIA FITNESS AND AQUATICS		8:00 Chair Yoga (H) 1 9:00 Aqua Balance (P) 10:00 Open Pool (P) 1:00 Water Walking (P)	8:15 Tai Chi (SL) 2 9:00 Aqua Toning (P) 10:15 Personal Training (H) 11:10 Balance (H) 1:00 Walking Group (H)	9:00 Bike Ride 3 Independent Cardio & Training (H)	8:15 Tai Chi (SL) 4 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training 1:00 Walking Group (H)	9:00 Pool Beach Ball (P) 5
	6 8:15 Tai Chi (SL) 7 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training	8:00 Chair Yoga (H) 8 9:00 Aqua Balance (P) 10:00 Open Pool (P) 1:00 Water Walking (P)	8:15 Tai Chi (SL) 9 9:00 Aqua Toning (P) 10:15 Personal Training (H) 11:10 Balance (H) 1:00 Walking Group (H) Yom Kippur	9:00 Bike Ride 10 Independent Cardio & Training (H)	8:15 Tai Chi (SL) 11 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training 1:00 Walking Group (H)	9:00 Pool Beach Ball (P) 12
	13 8:15 Tai Chi (SL) 14 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training Columbus Day (US) Thanksgiving Day (Canada) Sukkot	8:00 Chair Yoga (H) 15 9:00 Aqua Balance (P) 10:00 Open Pool (P) 1:00 Water Walking (P)	8:15 Tai Chi (SL) 16 9:00 Aqua Toning (P) 10:15 Personal Training (H) 11:10 Balance (H) 1:00 Walking Group (H)	9:00 Bike Ride 17 Independent Cardio & Training (H)	8:15 Tai Chi (SL) 18 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training 1:00 Walking Group (H)	9:00 Pool Beach Ball (P) 19
	20 8:15 Tai Chi (SL) 21 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training	8:00 Chair Yoga (H) 22 9:00 Aqua Balance (P) 10:00 Open Pool (P) 1:00 Water Walking (P) Simchat Torah	8:15 Tai Chi (SL) 23 9:00 Aqua Toning (P) 10:15 Personal Training (H) 11:10 Balance (H) 1:00 Walking Group (H)	9:00 Bike Ride 24 Independent Cardio & Training (H)	8:15 Tai Chi (SL) 25 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training 1:00 Walking Group (H)	9:00 Pool Beach Ball (P) 26
	27 8:15 Tai Chi (SL) 28 9:00 Aqua Toning (P) 10:00 Aqua Cardio (P) 11:10 Chair Strength Training	8:00 Chair Yoga (H) 29 9:00 Aqua Balance (P) 10:00 Open Pool (P) 1:00 Water Walking (P)	8:15 Tai Chi (SL) 30 9:00 Aqua Toning (P) 10:15 Personal Training (H) 11:10 Balance (H) 1:00 Walking Group (H)	9:00 Bike Ride 31 Independent Cardio & Training (H) Halloween		