Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		9 . ,		9 . ,	8:15 Tai Chi (SL) 6	Play water beachball 7
*** 1 . · · · · · · · · · · · · · · · · · ·	9:00 Aqua Fit (P)	12:00 Strength Class (H)	<u> </u>	12:00 Balance & Falls	9:00 Aqua Fit (P)	at 9am in the pool!
Workout independently	-	-	10:00 Aqua Fit (P)	7:30 Open Swim (P)	10:00 Aqua Fit (P)	
in the Hygeia Fitness Center for 30 minutes	Walk to the fishing	Movement (OC)	Attend Aqua Fit at 9 or	Attend Yoga at 9:15 in	Attend Tai Chi at 8:15 in	
Center for 50 minutes	pier and back (or	7:30 Open Swim (P) Attend Therapeutic	10am in the pool	the Solarium	the Solarium	
	walk on the treadmill	Movement at 1:30 in the OC	Toam in the poor			
	for 30mins)	0.17 V (CI) 40	0.1770 : 01 : (01)	0.1537 (01)	0.1775 : 01 : (01)	TO 1 1 1 1 1 1 A
		9 ,		9:15 Yoga (SL) 12:00 Balance & Falls	2 8:15 Tai Chi (SL) 13	Play water beachball 4
Take the stairs instead of	9:00 Aqua Fit (P)	12:00 Strength Class (H) 1:30 Therapeutic	9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	7:30 Open Swim (P)	9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	at 9am in the pool!
the elevator all day	10.00 Aqua Fit (1)	Movement (OC)	10.00 Aqua Fit (1)	7.00 Open Swiii (1)	10.00 Aqua Fit (1)	
die elevator an day	Attend Aqua Fit at 9 or	7:30 Open Swim (P)		Attend Open Swim at	Attend Tai Chi at 8:15 in	
	10am in the pool	Attend Therapeutic	Bike w/ Grayce at 10 am	7.30 in the pool	the Solarium	
	•	Movement at 1:30 in the OC	(or use stationary bike in			
15	8:15 Tai Chi (SL) 16	9:15 Yoga (SL) 17	Hygeia for 30mins) 8:15 Tai Chi (SL) 18	9:15 Yoga (SL) 19	8:15 Tai Chi (SL) 20	Play water beachball ² 1
	9:00 Aqua Fit (P)	12:00 Strength Class (H)		12:00 Balance & Falls	9:00 Aqua Fit (P)	
	<u> </u>	3	10:00 Aqua Fit (P)	7:30 Open Swim (P)	10:00 Aqua Fit (P)	at 9am in the pool!
in the Hygeia Fitness	Walk to the fishing	Movement (OC)	Attend Aqua Fit at 9 or	(c)		
Center for 30 minutes		7:30 Open Swim (P)	10am in the pool	Attend Yoga at 9:15 in	Attend Tai Chi at 8:15 in	
	on the treadmill for	Attend Therapeutic		the Solarium	the Solarium	
	30mins)	Movement at 1:30 in the OC				
22		9:15 Yoga (SL) 24	8:1 <i>5</i> Tai Chi (SL) 25	9:15 Yoga (SL) 26	8:15 Tai Chi (SL) 27	Play water beachball?8
	9:00 Aqua Fit (P)	12:00 Strength Class (H)		12:00 Balance & Falls	9:00 Aqua Fit (P)	at 9am in the pool!
Take the stairs instead of	10:00 Aqua Fit (P)	1:30 Therapeutic	10:00 Aqua Fit (P)	7:30 Open Swim (P)	10:00 Aqua Fit (P)	ac can m are poon
the elevator all day		Movement (OC)	D' 1 / O 10		T' D' 1	
		7.00 Open Swiii (1)	Bike w/ Grayce at 10 am	Attend Open Swim at	Line Dance in the	
	10am in the pool	Attend Therapeutic Movement at 1:30 in the OC	(or use stationary bike in Hygeia for 30mins)	7:30 in the pool	Lobby at 7:30pm	
		Wovement at 1.00 in the OC	Trygeta for outmis,			
29	8:15 Tai Chi (SL) 30	9:15 Yoga (SL) 31	Fitnew & Ac	quatics (ma	rement Matte	e Challenge
	9:00 Aqua Fit (P)	12:00 Strength Class (H)	100100000 9 110	Tourses 1 ALES	GYTAGYTO YTAGOGO	ra orientaria
	_	1:30 Therapeutic		Mari	2022	
in the Hygeia Fitness	Walk to the fishing	Movement (OC)		iviay	2022	
Center for 30 minutes	pier and back (or walk	Attend Therapeutic	Complete highlighted		a Spade & Co Smartwatch	& \$100 to Health Trail
	on the treadmill for	Movement at 1:30 in the OC	Natural Foods (a \$25	<mark>0 value!) Sign a ticket ar</mark>	nd place in lockbox in the	<mark>Hygeia each day you</mark>
	<u> 30mins)</u>		complete the	challenge. More comple	e <mark>ted challenges = More ch</mark>	ances to win!