

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Workout independently in the Hygeia Fitness Center for 30 minutes	2 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Walk to the fishing pier and back (or walk on the treadmill for 30mins)	3 9:15 Yoga (SL) 12:00 Strength Class (H) 1:30 Therapeutic Movement (OC) 7:30 Open Swim (P) Attend Therapeutic Movement at 1:30 in the OC	4 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Aqua Fit at 9 or 10am in the pool	5 9:15 Yoga (SL) 12:00 Balance & Falls 7:30 Open Swim (P) Attend Yoga at 9:15 in the Solarium	6 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Tai Chi at 8:15 in the Solarium	7 Play water beachball at 9am in the pool!
8 Take the stairs instead of the elevator all day	9 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Aqua Fit at 9 or 10am in the pool	10 9:15 Yoga (SL) 12:00 Strength Class (H) 1:30 Therapeutic Movement (OC) 7:30 Open Swim (P) Attend Therapeutic Movement at 1:30 in the OC	11 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Bike w/ Grayce at 10 am (or use stationary bike in Hygeia for 30mins)	12 9:15 Yoga (SL) 12:00 Balance & Falls 7:30 Open Swim (P) Attend Open Swim at 7:30 in the pool	13 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Tai Chi at 8:15 in the Solarium	14 Play water beachball at 9am in the pool!
15 Workout independently in the Hygeia Fitness Center for 30 minutes	16 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Walk to the fishing pier and back (or walk on the treadmill for 30mins)	17 9:15 Yoga (SL) 12:00 Strength Class (H) 1:30 Therapeutic Movement (OC) 7:30 Open Swim (P) Attend Therapeutic Movement at 1:30 in the OC	18 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Aqua Fit at 9 or 10am in the pool	19 9:15 Yoga (SL) 12:00 Balance & Falls 7:30 Open Swim (P) Attend Yoga at 9:15 in the Solarium	20 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Tai Chi at 8:15 in the Solarium	21 Play water beachball at 9am in the pool!
22 Take the stairs instead of the elevator all day	23 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Attend Aqua Fit at 9 or 10am in the pool	24 9:15 Yoga (SL) 12:00 Strength Class (H) 1:30 Therapeutic Movement (OC) 7:30 Open Swim (P) Attend Therapeutic Movement at 1:30 in the OC	25 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Bike w/ Grayce at 10 am (or use stationary bike in Hygeia for 30mins)	26 9:15 Yoga (SL) 12:00 Balance & Falls 7:30 Open Swim (P) Attend Open Swim at 7:30 in the pool	27 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Line Dance in the Lobby at 7:30pm	28 Play water beachball at 9am in the pool!
29 Workout independently in the Hygeia Fitness Center for 30 minutes	30 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) Walk to the fishing pier and back (or walk on the treadmill for 30mins)	31 9:15 Yoga (SL) 12:00 Strength Class (H) 1:30 Therapeutic Movement (OC) 7:30 Open Swim (P) Attend Therapeutic Movement at 1:30 in the OC	Fitness & Aquatics / <del>Movement Matters</del> Challenge <b>May 2022</b> Complete highlighted Challenges daily to win a Spade & Co Smartwatch & \$100 to Health Trail Natural Foods (a \$250 value!) Sign a ticket and place in lockbox in the Hygeia each day you complete the challenge. More completed challenges = More chances to win!			