

The Chamberlin
2 Fenwick Road
Fort Monroe, Virginia 23651
757.637.7200

September 2022

Fitness & Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:15 Yoga (SL) 1 12:00 Balance & Falls (H)	8:15 Tai Chi (SL) 2 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	3
4 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	5 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	6 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	7 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	8 9:15 Yoga (SL) 12:00 Balance & Falls (H)	9 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	
11 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	12 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	13 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	14 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	15 9:15 Yoga (SL) 12:00 Balance & Falls (H)	16 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	17
18 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	19 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	20 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	21 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	22 9:15 Yoga (SL) 12:00 Balance & Falls (H)	23 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	
25 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	26 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	27 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	28 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	29 9:15 Yoga (SL) 12:00 Balance & Falls (H)	30 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	