


The Chamberlin
2 Fenwick Road
Fort Monroe, Virginia 23651
757.637.7200

FEBRUARY 2023

Fitness & Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			8:15 Tai Chi (SL) 1 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	9:15 Yoga (SL) 2 12:00 Balance & Falls (H)	8:15 Tai Chi (SL) 3 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	4	
5	8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	6	9:15 Yoga (SL) 7 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	8:15 Tai Chi (SL) 8 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	9:15 Yoga (SL) 9 12:00 Balance & Falls (H)	8:15 Tai Chi (SL) 10 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	11
12	8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	13	9:15 Yoga (SL) 14 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	8:15 Tai Chi (SL) 15 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	9:15 Yoga (SL) 16 12:00 Balance & Falls (H)	8:15 Tai Chi (SL) 17 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	18
19	8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	20	9:15 Yoga (SL) 21 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)	8:15 Tai Chi (SL) 22 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	9:15 Yoga (SL) 23 12:00 Balance & Falls (H)	8:15 Tai Chi (SL) 24 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	25
26	8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	27	9:15 Yoga (SL) 28 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC)				