The Chamberlin
2 Fenwick Road
Fort Monroe, Virginia 23651
757.637.7200

JUNE 2023

Fitness & Aquatics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE CHAMBERLIN				**1** 9:15 Yoga (SL) 12:00 Balance & Falls (H) 7:00 Evening Walking Group	**2** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**3**
4	**5** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**6** 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC) 7:00 Evening Walking Group	**7** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**8** 9:15 Yoga (SL) 12:00 Balance & Falls (H) 7:00 Evening Walking Group	**9** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**10**
11	**12** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**13** 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC) 7:00 Evening Walking Group	**14** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**15** 9:15 Yoga (SL) 12:00 Balance & Falls (H) 7:00 Evening Walking Group	**16** 8:15 Tai Chi (SL) 9:00 Aqua Fit w/ Grayce (P)	**17**
18	**19** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**20** 9:15 Yoga (SL) 12:00 Strength Class (H) 2:00 Therapeutic Movement (OC) 7:00 Evening Walking Group	**21** 8:15 Tai Chi (SL) 9:00 Aqua Fit w/ Grayce (P)	**22** 9:15 Yoga (SL) 12:00 Balance & Falls (H) 7:00 Evening Walking Group	**23** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P)	**24**
25	**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) 7:00 Evening Walking Group	**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) 7:00 Evening Walking Group	**30** 8:15 Tai Chi (SL) 9:00 Aqua Fit (P) 10:00 Aqua Fit (P)	