


# Sample Monthly Fitness Calendar

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <b>1</b><br>9:00 am Cardio Strength & Tone<br>9:45 am Tai Chi<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics  | <b>2</b><br>8:30 am Booce<br>9:00 am Lap Swimming<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking  | <b>3</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics  | <b>4</b><br>9:00 am Lap Swimming<br>11:00 am Tai Chi<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking  | <b>5</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>2:00 pm Water Aerobics<br>2:30 pm Yoga  |
| <b>8</b><br>9:00 am Cardio Strength & Tone<br>9:45 am Tai Chi<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics  | <b>9</b><br>8:30 am Booce<br>9:00 am Lap Swimming<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking  | <b>10</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>11</b><br>9:00 am Lap Swimming<br>11:00 am Tai Chi<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <b>12</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>2:00 pm Water Aerobics<br>2:30 pm Yoga |
| <b>15</b><br>9:00 am Cardio Strength & Tone<br>9:45 am Tai Chi<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>16</b><br>8:30 am Booce<br>9:00 am Lap Swimming<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <b>17</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>18</b><br>9:00 am Lap Swimming<br>11:00 am Tai Chi<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <b>19</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>2:00 pm Water Aerobics<br>2:30 pm Yoga |
| <b>22</b><br>9:00 am Cardio Strength & Tone<br>9:45 am Tai Chi<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>23</b><br>8:30 am Booce<br>9:00 am Lap Swimming<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <b>24</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>25</b><br>9:00 am Lap Swimming<br>11:00 am Tai Chi<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <b>26</b><br>9:00 am Cardio Strength & Tone<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>2:00 pm Water Aerobics<br>2:30 pm Yoga |
| <b>29</b><br>9:00 am Cardio Strength & Tone<br>9:45 am Tai Chi<br>11:15 am Exercise Class<br>1:00 pm Chair Volleyball<br>3:00 pm Water Aerobics | <b>30</b><br>8:30 am Booce<br>9:00 am Lap Swimming<br>1:00 pm Chair Volleyball<br>2:30 pm Water Walking | <br>the right direction for your health  |  |  |