

# THE LIGHTER SIDE

7/28/18

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**11:30am**  
**WATER WALKING**  
 Jo Ann (W) L1  
 30 min

**11:30am**  
**AI CH**  
 Nancy (W) L1  
 60 min

**11:30am**  
**FOREVER YOUNG**  
 Karen (W) L1  
 60 min

**11:30am**  
**FOREVER YOUNG**  
 Sandy (W) L2  
 60 min

**12:30pm**  
**STRENGTH & BALANCE**  
 Sandy (N)  
 45 min  
**1:15pm**  
**CHAIR MEDITATION**  
 Sandy (N)  
 15 min

**1:00pm**  
**WII BOWLING**  
 Jo Ann (T)  
 60 min  
**\*\*WII BOWLING ONLY**  
**ON THE FIRST**  
**WEDNESDAY OF THE**  
**MONTH**

**12:30pm**  
**STRENGTH & BALANCE**  
 Christine L (N)  
 45 min  
**1:15pm**  
**CHAIR MEDITATION**  
 Christine L (N)  
 15 min

Sunday

<p><b>Location &amp; Level</b></p> <p>(W) Women Pool          (N) Nursery          (T) Tween Room</p> <p>L1= Entry Level          L2= Calm Level</p>	<p><b>**WII BOWLING</b>  <b>ONLY ON THE FIRST</b>  <b>WEDNESDAY OF THE</b>  <b>MONTH</b></p>
--	--