



OCTOBER WELLNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga with Nivine <u>9:00 AM- 10:00 AM</u> Aqua Aerobics with Coach Manny <u>9:00 AM- 10:00 AM</u>	Balance & Flexibility with Coach Manny <u>2:30 PM- 3:30 PM</u>	Yoga with Nivine <u>9:00 AM- 10:00 AM</u> Self Guided Aqua Aerobics <u>9:00 AM- 10:00 AM</u>	Strength Training for Beginners with Coach Manny <u>1:00 PM- 2:00 PM</u>	Self Guided Aqua Aerobics <u>9:00 AM- 10:00 AM</u>

WELLNESS CENTER HOURS - 8:00 AM to 8:00 PM DAILY

Please note: Fitness class days and times may vary based on trainer availability.
We appreciate your flexibility and understanding.

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