

SEPTEMBER 2019 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3 DESSARY OFF 9:30 Chair Flow Yoga w/ Su 3:00 Dance Party	4 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	5 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	6 9:30 Circuit Training 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	7 DESSARY MOD 
8 DESSARY MOD 	9 DESSARY OFF 10:45 Party Exercise	10 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	11 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 2:00 Creative Wellness	12 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	13 9:30 Circuit Training 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	14 
15 	16 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:15 Smoothie Social	17 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	18 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	19 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Health w/ Towers: Balance 2:30 Mindful Meditation	20 9:30 Circuit Training 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	21 
22 	23 FIRST DAY OF FALL 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	24 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	25 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:00 Easy Does It	26 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	27 9:30 Circuit Training 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	28 
29 	30 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It					
<p>Fitness Center Performing Arts Center Massage Therapy Room Arts and Crafts Room Walking Trail</p>	<p>Massage Therapy Is Available every Wednesday from 9:00am until 2:00pm Contact Dessary to</p>					