

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Room Key:</b> ALP: AL Parlor AR: AL Activities Room ART: Art Studio GH: Grand Hall LL: Lakeside Lounge PL: Thrive Pool TL: Thrive Wellness Lobby WS: Thrive Wellness Studio	<b>2</b> 8:30 Aqua Stretch & Balance - PL 10:00 Moves of Gratitude – ART 11:30 Total Fitness - WS 1:00 Rise N' Shine PM Edition - WS 2:00 Aqua 4 X 4 Relay - PL	<b>3</b> 9:00 Rise N' Shine - GH 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL	<b>4</b> 8:30 Aqua Ballet - PL 9:00 Rise N' Shine - GH 10:00 Seated Cardio Training - WS 11:00 Balance with Breath - WS 1:00 Ultimate Dance Party - WS 2:00 Aqua 4 X 4 Relay - PL	<b>5</b> 9:00 Rise N' Shine - GH <b>9:30 Spring Cleaning Your Health: Eating Healthy Foods You Enjoy - GH</b> 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL 4:00 Family Swim - PL	<b>6</b> 8:00 Thrive Cafe Connections - TL 8:30 Aqua Stretch & Balance - PL 9:00 Rise N' Shine - GH 10:00 Seated Shuffle - AR 11:00 Balance with Breath - WS 1:00 Yoga Flow - WS 2:00 Corn Hole - WS	<b>7</b> 10:00 Family Swim - PL
<b>8</b>	<b>9</b> 8:30 Aqua Stretch & Balance - PL 10:00 Moves of Gratitude - ART 11:30 Total Fitness - WS 1:00 Rise N' Shine PM Edition - WS 2:00 Aqua 4 X 4 Relay - PL	<b>10</b> 9:00 Rise N' Shine - GH 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL	<b>11</b> 8:30 Aqua Ballet - PL 9:00 Rise N' Shine - GH 10:00 Seated Cardio Training - WS 11:00 Balance with Breath - WS 1:00 Ultimate Dance Party - WS 2:00 Aqua 4 X 4 Relay - PL	<b>12</b> 9:00 Rise N' Shine - GH <b>9:30 Spring Cleaning Your Health: Get Active &amp; Track It - GH</b> 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL 4:00 Family Swim - PL	<b>13</b> 8:00 Thrive Cafe Connections - TL 8:30 Aqua Stretch & Balance - PL 9:00 Rise N' Shine - GH 10:00 Seated Shuffle - AR 11:00 Balance with Breath - WS 1:00 Yoga Flow - WS 2:00 Corn Hole - WS	<b>14</b> 10:00 Family Swim - PL
<b>15</b>	<b>16</b> 8:30 Aqua Stretch & Balance - PL 10:00 Moves of Gratitude - ART <b>10:30 VNA Presents... Nutrition Over 50 - GH</b> <b>11:00 VNA Kiosk Assistance - TL</b> 11:30 Total Fitness - WS 1:00 Rise N' Shine PM Edition - WS 2:00 Aqua 4 X 4 Relay - PL	<b>17</b> 9:00 Rise N' Shine - GH 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL	<b>18</b> 8:30 Aqua Ballet - PL 9:00 Rise N' Shine - GH 10:00 Seated Cardio Training - WS 11:00 Balance with Breath - WS 1:00 Ultimate Dance Party - WS 2:00 Aqua 4 X 4 Relay - PL	<b>19</b> 9:00 Rise N' Shine - GH <b>9:30 Spring Cleaning Your Health: Shop, Cook &amp; Eat Well - GH</b> 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL 4:00 Family Swim - PL	<b>20</b> 8:00 Thrive Cafe Connections - TL 8:30 Aqua Stretch & Balance - PL 9:00 Rise N' Shine - GH 10:00 Seated Shuffle - AR 11:00 Balance with Breath - WS 1:00 Yoga Flow - WS 2:00 Corn Hole - WS	<b>21</b> 10:00 Family Swim - PL
<b>22</b>	<b>23</b> 8:30 Aqua Stretch & Balance - PL 10:00 Moves of Gratitude - ART <b>10:30 Choice Rehab Connections - GH</b> 11:30 Total Fitness - WS 1:00 Rise N' Shine PM Edition - WS 2:00 Aqua 4 X 4 Relay - PL	<b>24</b> 9:00 Rise N' Shine - GH 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL	<b>25</b> 8:30 Aqua Ballet - PL 9:00 Rise N' Shine - GH 10:00 Seated Cardio Training - WS 11:00 Balance with Breath - WS 1:00 Ultimate Dance Party - WS 2:00 Aqua 4 X 4 Relay - PL <b>6:30 Wellness Wednesday- Dr. Tim Meyer with Think Optometry - GH</b>	<b>26</b> 9:00 Rise N' Shine - GH <b>9:30 Spring Cleaning Your Health: Track Your Food - GH</b> 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL 4:00 Family Swim - PL	<b>27</b> 8:00 Thrive Cafe Connections - TL 8:30 Aqua Stretch & Balance - PL 9:00 Rise N' Shine - GH 10:00 Seated Shuffle - AR 11:00 Balance with Breath - WS 1:00 Yoga Flow - WS 2:00 Corn Hole - WS	<b>28</b> 10:00 Family Swim - PL
<b>29</b>	<b>30</b> 8:30 Aqua Stretch & Balance - PL 10:00 Moves of Gratitude - ART 11:30 Total Fitness - WS 1:00 Rise N' Shine PM Edition - WS 2:00 Aqua 4 X 4 Relay - PL	<b>31</b> 9:00 Rise N' Shine - GH 10:00 Dumbbell Dynamics - WS 1:00 Being Strong with Bands - ALP 2:00 Aqua Stop and Go - PL				