

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Wellness Center Calendar</p> <p>Keeping Hydrated During the Summer:</p> <ul style="list-style-type: none"> • Drink plenty of water throughout the day to stay hydrated. • Incorporate hydrating foods like fruits and vegetables into your diet. • Avoid excessive consumption of sugary drinks and caffeine. • Carry a refillable water bottle with you wherever you go. • Consider adding electrolyte-rich beverages for added hydration, especially after physical activity. 	<p>Location Keys Wellness Center WC</p>	<p>9:30 ♥ Upper Body Focus [WC] 1</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 2</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 3</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>Independence Day 4</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Lower Focus</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 5</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ Lower Focus [WC] 6</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>	
	<p>1:00 ♥ Balance & Fall Prevention Training [WC] 7</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 8</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 9</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 10</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 11</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 12</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15 ♥ Lower Focus [WC] 13</p> <p>1:00 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>	
	<p>1:00 ♥ Balance & Fall Prevention Training [WC] 14</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 15</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 16</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 17</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Wellness Chat [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 18</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 19</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15 ♥ Lower Focus [WC] 20</p> <p>1:00 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>	
	<p>11:15 ♥ Balance & Fall Prevention [WC] 21</p> <p>1:00 Cardio Drumming</p> <p>3:30 ♥ Open Swim [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 22</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 23</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 24</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Open Swim 25</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 26</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ Lower Focus [WC] 27</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>	
	<p>1:00 ♥ Balance & Fall Prevention Training [WC] 28</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 29</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 30</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:30 Total Body Workout</p> <p>1:30 Walking Club [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 31</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Balance & Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p>			<p>♥ Health and Wellness</p> <p>🐾 Social</p>

