


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Autumn Wellness Tip: Embrace Seasonal Produce. Eat nutrient-rich autumn foods like pumpkins and apples to boost immunity.</p> <p>Please join me in the wellness center for open gym sessions every Tuesday and Friday at 9:30 AM. You can use any of the fitness machines, and I'll be here to</p> 	<p>Location Keys Wellness Center WC</p>	<p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p>	<p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p>	<p>"No one has ever become poor from giving." — Maya Angelou</p>	<p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 1</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:30 ♥ Lower Focus [WC] 2</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>	
	<p>Daylight Saving Time Begins 3</p> <p>1:30 ♥ Balance & Fall Prevention Training [WC]</p> <p>1:30 Cardio Drumming</p> <p>3:30 ♥ Open Swim [WC]</p>	<p>9:30 ♥ Upper Body Focus [WC] 4</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>Election Day 5</p> <p>9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC]</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] 6</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 7</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] 8</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:30 ♥ Lower Focus [WC] 9</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>
	<p>11:30 ♥ Balance & Fall Prevention Training [WC] 10</p> <p>11:30 Cardio Drumming</p> <p>3:30 ♥ Open Swim [WC]</p>	<p>Veterans Day 11</p> <p>9:30 ♥ Upper Body Focus [WC]</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] 12</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] 13</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 14</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] 15</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:30 ♥ Lower Focus [WC] 16</p> <p>1:30 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>
	<p>1:30 ♥ Balance & Fall Prevention Training [WC] 17</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 18</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] 19</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] 20</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 21</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] 22</p> <p>10:00 ♥ Open Swim [WC]</p> <p>11:30 ♥ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:30 ♥ Lower Focus [WC] 23</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 ♥ Cardio Drumming [WC]</p>
	<p>1:30 ♥ Balance & Fall Prevention Training [WC] 24</p> <p>3:30 ♥ Open Swim [WC]</p> <p>6:00 Cardio Drumming</p>	<p>9:30 ♥ Upper Body Focus [WC] 25</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] 26</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] 27</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>Thanksgiving 28</p> <p>11:30 Cardio Drumming</p> <p>1:30 ♥ Lower Focus [WC]</p>	<p>10:00 ♥ Open Swim [WC] 29</p> <p>11:30 ♥ Cardio Drumming [WC]</p> <p>1:30 Core Focus</p>	<p>11:30 ♥ Lower Focus [WC] 30</p> <p>1:30 ♥ Cardio Drumming [WC]</p> <p>3:30 ♥ Open Swim [WC]</p>