

January 2021

Aquatics/Chair/Tai Chi

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
3	4 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10 Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 5:30pm LP Cross Currents-Brenda	5 8:00am LP Cross Currents-Linda 9:00am LP Fun & Fit-Lisa 9:00am TP Aqua Flow-Linda 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm TP Cross Currents-Brenda	6 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	7 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	8 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:10pm TP Aqua Flow-Brenda	9
10	11 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 5:30pm LP Cross Currents-Brenda	12 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	13 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am Chair-Lentha 9:00am LP Fun & Fit-Lisa 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	14 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	15 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:10pm TP Aqua Flow-Brenda	16
17	18 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 5:30pm LP Cross Currents-Brenda	19 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	20 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	21 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	22 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:10pm TP Aqua Flow-Brenda	23
24	25 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 5:30pm Cross Currents-LP Brenda	26 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	27 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am TP Low & stretch-Lisa 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	28 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am TP Low & stretch-Lisa 5:30pm LP Cross Currents-Brenda	29 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:10pm TP Aqua Flow-Brenda <hr/> LP-LAP POOL TP-THERAPY POOL	30