

Monday

Tuesday

Wednesday

Thursday

Friday

Sat / Sun

June 2017

The Highlands at Wyomissing Fitness Center Calendar

		1 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Ping Pong (B)		2 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)		3 10:00am Qigong (B) 11:00am Zumba Gold (B)	
5 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:30pm Aqua Tone (P)* 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)		6 9:00am Walking Group (ML) 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 1:30pm Aqua Balance (P)* 2:15pm Supervised Swim (P)		7 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:15am Functional Strength (B)* 10:45am Water Walking (P)* 1:00pm Tai Chi (CC)		8 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Bean Bag Baseball (B)	
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						18 2:00pm Line Dancing(B)	
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						25 2:00pm Line Dancing(B)	

Key: (B) Berkshire Room (BL) Billiards Room (CH #956) Highlands Television Network (CC) Cultural Center (FCL) Fitness Center Lobby (ML) Main Lounge (P) Pool (PG) Putting Green