

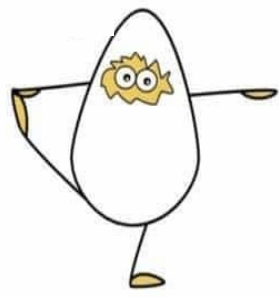



# April






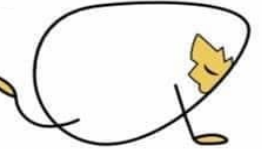

## WELLNESS CENTER CALENDAR ACTIVE LIFESTYLE COMMUNITY

ALYSSA: (843) - 375 - 5007 , (843) - 375 - 5016



BAC-Burges Arts & Crafts BL-Burges Library BCR -Card Room BCY-Burges Courtyard DP-Dog Park  
 BDR-Burges Dining Room HCY-Health Care Courtyard BMA-Burges Multi-Purpose Room A  
 BMA-Burges Multi-Purpose Room B BL-Lounge P-Pool WC-Wellness Center  
 Z-Zoom V-Virtual G- Garde PG - Putting Green CL - Croquet Lawn

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>21.</b> 	<b>22.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Qi Gong (WC)	<b>23.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)	<b>24.</b> 8:00 - Open Lap Swim (P) 9:00 - Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Dance (WC) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	<b>25.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC) 2:30 - Bruce & Blake's Baseball Bash 	<b>26.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 2:00 - Aqua Tone (P)	<b>27.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>28.</b> 	<b>29.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Qi Gong (WC)	<b>30.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong	<b>1.</b> 8:00 - Open Lap Swim (P) 9:00 - Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Dance (WC) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	<b>2.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC) 2:30 - Bruce & Blake's Baseball Bash 	<b>3.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 2:00 - Aqua Tone (P)	<b>4.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>31.</b></p> 	<p><b>1.</b></p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Qi Gong (WC)</p>	<p><b>2.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)</p>	<p><b>3.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) <b>10:00 - BEACH WALK</b> 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Dance (WC) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P) <b>NATIONAL WALKING DAY</b></p> 	<p><b>4.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC) 2:30 - Bruce &amp; Blake's Baseball Bash</p> 	<p><b>5.</b></p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong (WC) 2:00 - AquaTone (P)</p>	<p><b>6.</b></p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p><b>7.</b></p> 	<p><b>8.</b></p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Qi Gong (WC)</p>	<p><b>9.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)</p>	<p><b>10.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) <b>10:00 - 2:00 Health Fair</b> 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Dance (WC) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)</p>	<p><b>11.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC) 2:30 - Bruce &amp; Blake's Baseball Bash</p> 	<p><b>12.</b></p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong (WC) 2:00 - AquaTone (P)</p>	<p><b>13.</b></p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p><b>14.</b></p> 	<p><b>15.</b></p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 2:00 - Qi Gong (WC)</p>	<p><b>16.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)</p>	<p><b>17.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Dance (WC) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)</p>	<p><b>18.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC) 2:30 - Bruce &amp; Blake's Baseball Bash</p> 	<p><b>19.</b></p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong (WC) 2:00 - AquaTone (WC)</p>	<p><b>20.</b></p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>