

August **WELLNESS CENTER CALENDAR**
ACTIVE LIFESTYLE COMMUNITY
ALYSSA: (843) - 375 - 5007 , (843) - 375 - 5008

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2.	3. Open Bocce Ball Open Croquet 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Walking Club 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	4 Open Bocce Ball 8:00 - Aqua Aerobics (P) 9:00 - Intro To Croquet (HCY) 9:00 - Cardio Splash (P) 10:00 - Sit and Fit Level 2 (WC) 10:30 - Men’s Swim (P) 11:00 - Balance (WC) 1:00 - Line Dancing (WC)	5. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Chair Yoga (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P)	6. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Line Dancing (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00—Line Dancing (WC) 2:00 - Cornhole	7. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong(WC)	8. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
9.	10. Open Bocce Ball Open Croquet 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Walking Club 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	11. Open Bocce Ball 8:00 - Aqua Aerobics (P) 9:00 - Intro To Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:00 - Sit and Fit Level 2 (WC) 10:30 - Men’s Swim (P) 11:00 - Balance (WC) 1:00 - Line Dancing (WC)	12. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Chair Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P)	13. 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) 1:00—Line Dancing (WC) 2:00 - Cornhole	14. Open Bocce Ball 8:00 - Open Lap Swim (P) 10:00 - Yoga (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong(WC) 1:00 - Cornhole	15. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
16.	17. Open Bocce Ball Open Croquet 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Walking Club 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	18. Open Bocce Ball 8:00 - Aqua Aerobics (P) 9:00 - Intro To Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:00 - Sit and Fit Level 2 (WC) 10:30 - Men’s Swim (P) 11:00 - Balance (WC) 1:00 - Line Dancing (WC)	19. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Chair Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P)	20. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Line Dancing (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00—Line Dancing (WC) 2:00 - Cornhole	21. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong(WC) 1:00 - Cornhole	22. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole

August

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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
23.	24. Open Bocce Ball Open Croquet 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Walking Club 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	25. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:00 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Sit & Be Fit (WC)	26. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Chair Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P)	27. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Line Dancing (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00—Line Dancing (WC) 2:00 - Cornhole	28. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:00 - Cornhole	29. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
30.	31. Open Bocce Ball Open Croquet 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Walking Club 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	1. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:00 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Sit & Be Fit (WC)	2. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Chair Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 - Aqua Tone (P)	3. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Line Dancing (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC) 1:00—Line Dancing (WC) 2:00 - Cornhole	4. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:00 - Cornhole	5. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole