

# July

## 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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>28.</b> 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)	29. 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)	30 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)	1. 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)	2. 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)	3 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)	4. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
<b>5.</b> 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)	<b>6.</b> 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)	<b>7.</b> 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)	<b>8.</b> 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)	<b>9.</b> 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) 2:00 - Cornhole	<b>10.</b> 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	<b>11.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
<b>12.</b> 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)	<b>13.</b> 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)	<b>14.</b> 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)	<b>15.</b> 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)	<b>16.</b> 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) 2:00 - Cornhole	<b>17.</b> 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	<b>18.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole

# July

## 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>19.</b> 	<b>20.</b> 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)	<b>21.</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) 10:00 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Sit & Be Fit (WC)	<b>22.</b> 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)	<b>23.</b> 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) 2:00 - Cornhole	<b>24.</b> 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	<b>25.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
<b>26.</b> 	<b>27.</b> 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)	<b>28.</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) 10:00 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Sit & Be Fit (WC)	<b>29.</b> 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)	<b>30.</b> 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) 2:00 - Cornhole	<b>1.</b> 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	<b>2.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole