

# May

## 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
<p><b>3.</b></p>	<p>4.</p> <p>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)</p>	<p>5.</p> <p>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)</p>	<p>6.</p> <p>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)</p>	<p>7.</p> <p>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)</p>	<p>8</p> <p>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)</p>	<p>9.</p> <p>8:00-10:30 Open Croquet (HCY)            Open Bocce Ball            Open Corn Hole</p>
<p><b>10.</b></p>	<p><b>11.</b></p> <p>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)</p>	<p><b>12.</b></p> <p>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)</p>	<p><b>13.</b></p> <p>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)</p>	<p><b>14.</b></p> <p>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</p>	<p><b>15.</b></p> <p>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</p>	<p><b>16.</b></p> <p>8:00-10:30 Open Croquet (HCY)            Open Bocce Ball            Open Corn Hole</p>
<p><b>17.</b></p>	<p><b>18.</b></p> <p>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)</p>	<p><b>19.</b></p> <p>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)</p>	<p><b>20.</b></p> <p>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)</p>	<p><b>21.</b></p> <p>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</p>	<p><b>22.</b></p> <p>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</p>	<p><b>23.</b></p> <p>8:00-10:30 Open Croquet (HCY)            Open Bocce Ball            Open Corn Hole</p>

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 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>24.</b> 	<b>25.</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>26.</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>27.</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>28.</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>29.</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>30.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole
<b>31.</b> 	<b>1.</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>2.</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>3.</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>4.</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>5.</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>6.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball Open Corn Hole