

November

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
2. 	3. Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 10:00 — Beach Walk (IOP) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	4. 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)	5. 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)	6. Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Body Blast (WC) 11:00 - Balance (WC)	7. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	8. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
9. 	10. Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	11. 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)	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) 9:00 - Body Blast (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC)	14. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	15. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
16. 	17. Open Bocce Ball 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	18. 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)	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 - Body Blast (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC)	21. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC)	22. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball

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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
23, 	24. Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 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) 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 - 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)	28. Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:00 - Aqua Tone (P)	29. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
30. 	1. Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC)	2. 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)	3. Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	4. 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)	5. Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:00 - Aqua Tone (P)	6. 8:00-10:30 Open Croquet (HCY) Open Bocce Ball