

# August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <b>10:00 Aerobics Class</b> Massage by – Jian Wei 770-315-6655 <b>2:00 Line Dance</b>	3 <b>10:00 Cardio Splash</b> <b>10:00 Steppin' out</b> <b>Walking Class &amp; Lunch</b> 2:15 Tai-Chi	4 <b>10:00 Aerobic Class</b> Massage by <b>Ms. Ronnie Karlin</b> 404-636-1371	5 <b>10:00 Cardio Splash</b> <b>2:15 Tai-Chi</b> Reflexology by <b>Laura Lennon</b> 404-693-6040	6 <b>10:00 Aerobic Class</b> <b>1:00 Learn Wii Game</b>	7 <b>Open Hours</b> 9:00 – 5:00 <b>Pool Hours</b> 10:00 – 4:00
9 <b>10:00 Aerobics Class</b> Massage by – Jian Wei	10 <b>10:00 Cardio Splash</b> <b>10:00 Steppin' out</b> <b>Walking Class &amp; Lunch</b> 2:15 Tai-Chi	11 <b>10:00 Aerobic Class</b> Massage by <b>Ms. Ronnie Karlin</b> <b>2:00 Yoga Intro (Wellness)</b>	12 <b>10:00 Cardio Splash</b> <b>2:15 Tai-Chi</b> Reflexology by <b>Laura Lennon</b> <b>10:30 Foot Nurse (Clinic)</b>	13 <b>10:00 Aerobic Class</b> <b>1:00 Learn Wii Game</b>	14 <b>Open Hours</b> 9:00 – 5:00 <b>Pool Hours</b> 10:00 – 4:00
16 <b>10:00 Aerobics Class</b> Massage by – Jian Wei <b>2:00 Line Dance Class</b>	17 <b>10:00 Cardio Splash</b> <b>10:00 Steppin' out</b> <b>Walking Class &amp; Lunch</b> 2:15 Tai-Chi	18 <b>10:00 Aerobic Class</b> Massage by <b>Ms. Ronnie Karlin</b> <b>2:00 Interim Healthcare 2<sup>nd</sup> Floor</b> <b>2:00 Yoga Intro (Wellness)</b>	19 <b>10:00 Cardio Splash</b> <b>2:15 Tai-Chi</b> Reflexology by <b>Laura Lennon</b> <b>10:30 Foot Nurse (Clinic)</b>	20 <b>10:00 Aerobic Class</b> <b>1:00 Learn Wii Game</b>	21 <b>Open Hours</b> 9:00 – 5:00 <b>Pool Hours</b> 10:00 – 4:00
23 <b>10:00 Aerobics Class</b> Massage by – Jian Wei	24 <b>10:00 Cardio Splash</b> <b>10:00 Steppin' out</b> <b>Walking Class &amp; Lunch</b> 2:15 Tai-Chi	25 <b>10:00 Aerobic Class</b> Massage by <b>Ms. Ronnie Karlin</b> <b>2:00 Yoga Intro (Wellness)</b>	26 <b>10:00 Cardio Splash</b> <b>2:15 Tai-Chi</b> Reflexology by <b>Laura Lennon</b> <b>10:30 Foot Nurse (Clinic)</b>	27 <b>10:00 Aerobic Class</b> <b>1:00 Learn Wii Game</b>	28 <b>Open Hours</b> 9:00 – 5:00 <b>Pool Hours</b> 10:00 – 4:00
30 <b>10:00 Aerobics Class</b> Massage by – Jian Wei	31 <b>10:00 Cardio Splash</b> <b>10:00 Steppin' out</b> <b>Walking Class &amp; Lunch</b> 2:15 Tai-Chi	<b>Wellness Center Hours:</b> Monday – Friday 7:00 a.m. to 6:00 p.m. Saturday - 9:00 a.m. to 5:00 p.m. <b>Pool Hours:</b> Saturday 9:00 a.m. to 4:30 p.m. Monday – Friday 7:00 a.m. to 5:30 p.m., supervised free swim available			