


Newbury Court Pool Calendar

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Zuzana	2 8:00am-8:00pm Buddy Swim	3 10:00-11:00- Supervised Swim w/ Rehab Department	4 8:00am-8:00pm Buddy Swim
5 8:00am-8:00pm Buddy Swim	6 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Sarah	7 8:00am-8:00pm Buddy Swim	8 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Zuzana	9 8:00am-8:00pm Buddy Swim	10 10:00-11:00- Supervised Swim w/ Fran	11 8:00am-8:00pm Buddy Swim
12 8:00am-8:00pm Buddy Swim	13 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Sarah	14 8:00am-8:00pm Buddy Swim	15 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Zuzana	16 8:00am-8:00pm Buddy Swim	17 10:00-11:00- Supervised Swim w/ Michael	18 8:00am-8:00pm Buddy Swim
19 8:00am-8:00pm Buddy Swim	20 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Sarah	21 8:00am-8:00pm Buddy Swim	22 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Zuzana	23 8:00am-8:00pm Buddy Swim	24 10:00-11:00- Supervised Swim w/ Fran	25 8:00am-8:00pm Buddy Swim
26 8:00am-8:00pm Buddy Swim	27 Memorial Day WATER WORKOUT CANCELLED SUPERVISED SWIM CANCELLED 8:00am-8:00pm Buddy Swim	28 8:00am-8:00pm Buddy Swim	29 10:00-11:00- Supervised Swim w/ Sarah 11:00- Water Workout w/ Zuzana	30 8:00am-8:00pm Buddy Swim	31 10:00-11:00- Supervised Swim w/ Fran	

Newbury Court Fitness Calendar

May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11:00- Gentle Movement w/ Susanne L (Great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	2 10:00- Combo Class w/ Lorae (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel) 2:00- Open Gym w/ Brian (Fitness Room)	3 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	4 10:00- Kieser Strength w/ Don (Fitness Room)
5	6 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room) 2:30 Lower Level Balance Class w/ Sarah (Mirrored Room)	7 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room) 2:00- Open Gym w/ Brian (Fitness Room)	8 11:00- Gentle Movement w/ Susanne L (Great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	9 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel) 2:00- Open Gym w/ Brian (Fitness Room)	10 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	11 10:00- Kieser Strength w/ Don (Fitness Room)
12	13 LOWER LEVEL BALANCE CANCELLED 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room)	14 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room) 2:00- Open Gym w/ Brian (Fitness Room)	15 11:00- Gentle Movement w/ Susanne L (Great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	16 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel) 2:00- Open Gym w/ Brian (Fitness Room)	17 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	18 10:00- Kieser Strength w/ Don (Fitness Room)
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26	27 Memorial Day CLASSES CANCELLED	28 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room) 2:00- Open Gym w/ Brian (Fitness Room)	29 11:00- Gentle Movement w/ Susanne L (Great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	30 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel) 2:00- Open Gym w/ Brian (Fitness Room)	31 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	