

Exercise Schedule (Additions are highlighted)

Monday	Tuesday	Wednesday	Thursday	Friday
Building Functional Strength & Balance 7:30-8:15am	Building CORE strength & Flexibility 8:15-9:00am	Building Functional Strength & Balance 7:30-8:15am	Building CORE strength & Flexibility 8:15-9:00am	Building Functional Strength & Balance 7:30-8:15am
Building Functional Strength & Balance 8:30-9:15am		Building Functional Strength & Balance 8:30-9:15am		Building Functional Strength & Balance 8:30-9:15am
	PACE People with Arthritis can Exercise 9:15-10:00am		PACE People with Arthritis can Exercise 9:15-10:00am	
Anthony House North/ East 10:15-11:00am Central 10:45am-11:30am	Darlington House Exercise 10:30am-11:15am	Anthony House Swim 8:00am - - - 11:00am	Darlington House Exercise 10:30am-11:15am	Anthony House North/ East 10:15-11:00am Central 10:45am-11:30am
	Parkinsons MOVE 1:00-1:45pm	Darlington House Swim 1:00pm - - - - 3:00pm		Beginner Functional Strength & Balance 1:30pm-2:15pm
Mindful Movement Darlington Living Room (Independent living, Darlington and Anthony residents are welcome) 2:00-2:45pm				
Beginner Functional Strength & Balance 3:00pm-3:45pm	Mindful Movement Anthony house North (Independent living, Darlington and Anthony residents are welcome) 3:15pm-4:00pm	Beginner Functional Strength & Balance 3:00pm-3:45pm	Mindful Movement Anthony house North (Independent living, Darlington and Anthony residents are welcome) 3:15pm-4:00pm	

Exercise Schedule (Additions are highlighted)

	Monday	Tuesday	Wednesday	<i>Thursday</i>	<i>Friday</i>
			Anthony Swim 8:00-11:00am		
	Open Swim 12:30-1:05pm	Open Swim 12:30-1:05pm		Open Swim 12:30-1:05pm	Open Swim 12:30-1:05pm
	Water Volleyball 1:15-2:00pm	Water Volleyball 1:15-2:00pm	AH/DH Swim 1:00-3:00pm	Water Volleyball 1:15-2:00pm	Water Volleyball 1:15-2:00pm
	Low Intensity walking 2:15-3:00pm	High intensity Water 2:15-3:00pm		High intensity Water 2:15-3:00pm	Low Intensity walking 2:15-3:00pm
	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm