

# November – Daytime Pool Closing Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	<b>12</b> POOL CLOSÉS	<b>13</b> 9:30-10:15 Walk with a Buddy 10:30-11:30 Balance Class	<b>14</b> Health Screenings 9:00-12:00pm Prefer sign up but walk ins welcome	<b>13</b> 9:30-10:15 Walk with a Buddy 10:30-11:30 Memory Class	<b>16</b> Facebook Class Angie Lunch n Learn 11:30-12:30 Sign up Required	17
18	<b>19</b>	<b>20</b> 9:30-10:15 Walk with a Buddy 10:30-11:30 Strength Class	<b>21</b>	<b>22</b> Health Place Closed Thanksgiving Day	<b>23</b>	24
25	<b>26</b>	<b>27</b> 9:30-10:15 Walk with a Buddy 10:30-11:30 Balance Class	<b>28</b> GI Nurse Lunch n Learn 11:30-12:30 Sign up Required	<b>29</b> 9:30-10:15 Walk with a Buddy 10:30-11:30 Memory Class	<b>30</b> Senior Fitness Testing 9:00-12:00 Sign up preferred but walk ins welcome	

## December – Daytime Pool Closing Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 9:30-10:15 Walk with a Buddy 10:30-11:30 Strength Class	5 Good Life Club Falls Prevention Lunch n Learn 11:30-12:30 Sign up Required	6 9:30-10:15 Walk with a Buddy 10:30-11:30 Balance Class	7	8
9	10	11 9:30-10:15 Walk with a Buddy 10:30-11:30 Memory Class	12 Chair Massage & Education 10:00-12:00 Anyone Welcome!	13 9:30-10:15 Walk with a Buddy 10:30-11:30 Strength Class	14	15
16	17	18 9:30-10:15 Walk with a Buddy 10:30-11:30 Balance Class	19 Diabetes Prevention 11:30-12:30 Lunch n Learn Sign up Required	20 9:30-10:15 Walk with a Buddy 10:30-11:30 Memory Class	21	22
23	24	25 Health Place Closed Christmas Day	26	27	28 POOL REOPENS	29
30	31	January 1 Health Place Closed New Year's Day	January 2 All Aquatic Group Exercise Classes Resume			

All Lunch-n-Learn Classes require signing up. See your aquatics instructor or email [michelle.wood@wellstar.org](mailto:michelle.wood@wellstar.org). All exercise classes OPEN for anyone.

# November – Evening Pool Closing Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	<b>12</b> <b>POOL CLOSES</b>	<b>13</b> 5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley	<b>14</b> Health Screenings 5:00-7:00 pm Prefer sign up for walk-ins welcome	<b>13</b> 5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley	16	17
18	19	<b>20</b> 5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley	21	<b>22</b> Health Place Closed Thanksgiving Day	23	24
25	26	<b>27</b> 5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley	<b>28</b> Chair Massage & Education 5:00-7:00pm Anyone Welcome!	<b>29</b> 5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley	30	

## December –Evening Closing Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	5	6 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	7	8
9	10	11 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	12 <i>Talk with a Trainer Presentation 5:30-6:30 Anyone Welcome! Snacks provided</i>	13 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	14	15
16	17	18 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	19	20 <i>5:00-5:30 Walk with a Buddy 5:30-6:30 Dry Land Exercise Haley</i>	21	22
23	24	25 <b>Health Place Closed Christmas Day</b>	26	27	28 <b>POOL REOPENS</b>	29
30	31	January 1 <b>Health Place Closed New Year's Day</b>	January 2 <b>All Aquatic Group Exercise Classes Resume</b>			

**All Lunch-n-Learn Classes require signing up. See your aquatics instructor or email [michelle.wood@wellstar.org](mailto:michelle.wood@wellstar.org). All exercise classes OPEN for anyone.**