

# January

## 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
<p><b>29.</b></p>	<p>30.</p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)</p>	<p>31.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk &amp; Groove (WC)</p>	<p>1.</p> 	<p>2.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC)</p>	<p>3.</p> <p>Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC)</p>	<p>4.</p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p><b>5.</b></p>	<p><b>6.</b></p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)</p>	<p><b>7.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk &amp; Groove (WC)</p>	<p><b>8</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - BMI Testing (WC) 10:00 - Walking Club (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)</p>	<p><b>9.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC)</p>	<p><b>10.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)</p>	<p><b>11.</b></p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p><b>12.</b></p>	<p><b>13.</b></p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)</p>	<p><b>14.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk &amp; Groove (WC)</p>	<p><b>15.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 10:15 - Chair Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)</p>	<p><b>16.</b></p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC)</p>	<p><b>17.</b></p> <p>Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)</p>	<p><b>18.</b></p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>19.</b> 	<b>20.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)	<b>21.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk & Groove (WC)	<b>22.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - BMI Testing (WC) 10:00 - Walking Club (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)	<b>23.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC)	<b>24.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)	<b>25.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>26.</b> 	<b>27.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:00 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)	<b>28.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:30 - Stretch (WC) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk & Groove (WC)	<b>29.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - BMI Testing (WC) 10:00 - Walking Club (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 1:00 - Chair Strengthen (WC) 2:00 Aqua Tone (P)	<b>30.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:30 - Stretch (WC) 11:00 - Balance (WC)	<b>31.</b> Open Bocce Ball Open Corn Hole 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:00 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)	<b>1.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball