




# December

## 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
<b>1.</b> 	<b>2.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)	<b>3.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk & Groove WC)	<b>4.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:15 - Chair Yoga (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>5.</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>6.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30- Aqua Tone (P)	<b>7.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>8.</b> 	<b>9.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)	<b>10.</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>11.</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>12.</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>13.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30- Aqua Tone (P)	<b>14.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>15.</b> 	<b>16.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)	<b>17.</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>18.</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>19.</b> Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 9:00 - Circuit Training (WC) 9:30 - Stretch (WC) 11:00 - Balance (WC)	<b>20.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30- Aqua Tone (P)	<b>21.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball


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BMA-Burges Multi-Purpose Room B BL-Lounge P-Pool WC-Wellness Center  
Z-Zoom V-Virtual G- Garde PG - Putting Green CL - Croquet Lawn

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22.</p> 	<p>23</p> <p>Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Blood Pressure (WC) 10:00 - Walking Club (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi (WC)</p>	<p>24.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 10:15 - Chair Strengthen (WC) 11:00 - Balance (WC) 1:00 - Walk &amp; Groove (WC)</p>	<p>25.</p> 	<p>26.</p> <p>Open Bocce Ball 8:00 - Aqua Aerobics (P) 8:00 - 1:00 Open Croquet (HCY) 9:00 - Cardio Splash (P) 11:00 - Balance (WC)</p>	<p>27.</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) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)</p>	<p>28.</p> <p>8:00-10:30 Open Croquet (HCY) Open Bocce Ball</p>
<p>29.</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) 10:15 - 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) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - Ping Pong (WC) 1:30 - Aqua Tone (P)</p>	<p>4.</p> 