

# July

## 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- Garden PG - Putting Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 1:30 - Aqua Tone (P)	<b>1.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 10:00 - Walking Club (WC) 10:00 - Blood Pressure (WC) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 1:30 - Aqua Tone (P)	<b>2.</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 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)	<b>3.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 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>4.</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) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	<b>5.</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) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30 - Aqua Tone (P)	<b>6.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>7.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 9:30 - Beach Walk (IOP) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 1:30 - Aqua Tone (P)	<b>8.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (WC) 9:30 - Beach Walk (IOP) 10:15 - Yoga (WC) 11:00 - Aqua Fitness (P) 11:00 - Balance (WC) 1:00 - Chair Strengthen (WC) 1:30 - Tai Chi Beginner (WC) 1:30 - Aqua Tone (P)	<b>9.</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 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)	<b>10.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 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>11.</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) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	<b>12.</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) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30 - Aqua Tone (P)	<b>13.</b> 8:00-10:30 Open Croquet (HCY) Open Bocce Ball
<b>14.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (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 Beginner (WC) 1:30 - Aqua Tone (P)	<b>15.</b> Open Bocce Ball Open Corn Hole 9:00 - Body Blast (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 Beginner (WC) 1:30 - Aqua Tone (P)	<b>16.</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 - Dance (WC) 1:30 - Tai Chi Intermediate (WC) 2:00 - Pilates (WC) 3:00 - Ping Pong (WC)	<b>17.</b> Open Bocce Ball 8:00 - Open Lap Swim (P) 9:00 - Body Blast (WC) 10:00 - Croquet Instruction (CL) 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>18.</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) 1:30 - Finger Fitness (WC) 2:00 - Pilates (WC)	<b>19.</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) 10:15 - Yoga (WC) 11:00 - Balance (WC) 11:00 - Aqua Fitness (P) 11:30 - PingPong(WC) 1:30 - Aqua Tone (P)	<b>20.</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

Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>21.</b></p>	<p><b>22.</b>            Open Bocce Ball            Open Corn Hole            8:00 - Open Lap Swim (P)            9:00 - Body Blast (WC)            9:30 - Beach Walk (IOP)            10:15 - Yoga (WC)            11:00 - Aqua Fitness (P)            11:00 - Balance (WC)            1:00 - Chair Strengthen (WC)            1:30 - Tai Chi Beginner (WC)            1:30 - Aqua Tone (P)</p>	<p><b>23.</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 - Dance (WC)            1:30 - Tai Chi Intermediate (WC)            2:00 - Pilates (WC)            3:00 - Ping Pong (WC)</p>	<p><b>24.</b>            8:00 - Open Lap Swim (P)            9:00 - Open Bocce Ball            9:00 - Body Blast (WC)            10:00 - Croquet Instruction (CL)            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)</p>	<p><b>25.</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)            1:30 - Finger Fitness (WC)            2:00 - Pilates (WC)</p>	<p><b>26.</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)            10:15 - Yoga (WC)            11:00 - Balance (WC)            11:00 - Aqua Fitness (P)            11:30 - PingPong(WC)            1:30 - Aqua Tone (P)</p>	<p><b>27.</b>            8:00-10:30 Open            Croquet (HCY)            Open Bocce Ball</p>
<p><b>28.</b></p>	<p><b>29.</b>            Open Bocce Ball            Open Corn Hole            8:00 - Open Lap Swim (P)            9:00 - Body Blast (WC)            9:30 - Beach Walk (IOP)            10:15 - Yoga (WC)            11:00 - Aqua Fitness (P)            11:00 - Balance (WC)            1:00 - Chair Strengthen (WC)            1:30 - Tai Chi Beginner (WC)            1:30 - Aqua Tone (P)</p>	<p><b>30.</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 - Dance (WC)            1:30 - Tai Chi Intermediate (WC)            2:00 - Pilates (WC)            3:00 - Ping Pong (WC)</p>	<p><b>1.</b>            8:00 - Open Lap Swim (P)            9:00 - Open Bocce Ball            9:00 - Body Blast (WC)            10:00 - Croquet Instruction (CL)            10:00 - BMI Testing (WC)            10:00 - Walking Club (WC)            11:00 - Balance (WC)            11:00 - Aqua Fitness (P)            2:00 Aqua Tone (P)</p>	<p><b>2.</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)            1:30 - Finger Fitness (WC)            2:00 - Pilates (WC)</p>	<p><b>3.</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)            10:15 - Yoga (WC)            11:00 - Balance (WC)            11:00 - Aqua Fitness (P)            11:30 - PingPong(WC)            1:30 - Aqua Tone (P)</p>	<p><b>4.</b>            8:00-10:30 Open            Croquet (HCY)            Open Bocce Ball</p>