






**ANNANDALE HEALTH & WELLNESS
 CENTER**

Winter 2019 - As of January 6, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM	POOL Exercise		POOL Exercise		POOL Exercise
8:30AM		 <i>Moving for Better Balance®</i> SILVER&FIT ENDORSED Week 13-24 Registered Class for March		 <i>Moving for Better Balance®</i> SILVER&FIT ENDORSED Week 13-24 Registered Class for March	
9:00AM	Aerobics		Aerobics		Aerobics
9:30AM					
10:00AM	Reserved	Reserved	Reserved	Reserved	Reserved
10:30AM					
11:00AM			POOL CLOSED		
12:00AM					
1:00PM		Tai Ji Quan I & II Review: Jan. 7th & 21st Feb. 4th & 18th			
1:00PM		 Stay Active & Independent for Life (SAIL) Registered Class for February		 Stay Active & Independent for Life (SAIL) Registered Class for February	
2:00PM		SILVER&FIT EXPLORE Starts January 7, 2020		SILVER&FIT EXPLORE	
2:30PM					
3:00PM					
4:00PM		POOL Exercise		POOL Exercise	
5:00PM					