





**ANNANDALE HEALTH & WELLNESS  
CENTER**

**AHWC Summer August 2023**

|         | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                         | SATURDAY  | SUNDAY |
|---------|--|---|--|---|--------------------------------|---|--------|
| 8:00AM  | POOL Exercise<br>8:00-9:00am   |   | POOL Exercise<br>8:00am-9:00am   |   | POOL Exercise<br>8:00am-9:00am |   |        |
| 9:00AM  | Aerobics<br>9:00am-9:45am  |   | Aerobics<br>9:00am-9:45am  |   | Aerobics<br>9:00am-9:45am      |   |        |
| 10:00AM | Senior Yoga <br>10:00am-10:45am |   | Senior Yoga <br>10:00am-10:45am |   |                                |   |        |
| 11:00AM |  | <b>SILVER&amp;FIT</b> EXPERIENCE<br>11:00am-12:00pm | August 23 & 30, 2023<br>Country Line Dancing<br>11:00am-12:00pm  | <b>SILVER&amp;FIT</b> EXPERIENCE<br>11:00am-12:00pm |                                |   |        |
| 12:00AM |  |   | Pool CLOSED for<br>Cleaning 11:00am-<br>1:00pm   |   |                                |   |        |
| 1:00PM  |  |   |  |   |                                | RESERVED<br><br>EMPLOYEE<br>SWIM ONLY<br><br>1:00pm-4:00pm<br><br>NO COMMUNITY<br>USE |        |
| 2:00PM  |  | <b>SILVER&amp;FIT</b> EXPLORE<br>2:00pm-2:45pm      |  | <b>SILVER&amp;FIT</b> EXPLORE<br>2:00pm-2:45pm      |                                |   |        |
| 3:00PM  |  |   |  |   |                                |   |        |
| 4:00PM  | POOL Exercise<br>4:00pm-5:00pm   |   | POOL Exercise<br>4:00pm-5:00pm   |   | POOL Exercise<br>4:00pm-5:00pm |   |        |
| 5:00PM  |  |   |  |   |                                |   |        |

**NOTE:** Any changes to classes held in the Exercise Room will be indicated on the monthly schedule which is located on the Wellness Center board & Exercise Room.