





ANNANDALE HEALTH & WELLNESS CENTER

AHWC June 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	POOL Exercise 8:00-9:00am		POOL Exercise 8:00am-9:00am		POOL Exercise 8:00am-9:00am		
9:00AM	Aerobics 9:00am-9:45am		Aerobics 9:00am-9:45am		Aerobics 9:00am-9:45am		
10:00AM	Senior Yoga  10:00am-10:45am		Senior Yoga  10:00am-10:45am	Men's Bible Study CHAPEL 10:00am-11:00am			
			Women's Bible Study CHAPEL 10:00am-11:00am				
11:00AM		SILVER&FIT EXPERIENCE 11:00am-12:00pm	Pool CLOSED	SILVER&FIT EXPERIENCE 11:00am-12:00pm			
12:00AM			Cleaning 11:00am-1:00pm				
1:00PM						RESERVED EMPLOYEE SWIM ONLY 1:00pm-4:00pm RESERVED NO MEMBER USE	
2:00PM		SILVER&FIT EXPLORE 2:00pm-2:45pm		SILVER&FIT EXPLORE 2:00pm-2:45pm			
3:00PM			Fit4Life 3:00pm-3:30pm				
4:00PM	POOL Exercise 4:00pm-5:00pm		POOL Exercise 4:00pm-5:00pm		POOL Exercise 4:00pm-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.