





ANNANDALE HEALTH & WELLNESS CENTER- Spring 2019

	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		 <i>Moving for Better Balance®</i> SILVER&FIT ENDORSED Week 13-24	
9:00AM	Aerobics		Aerobics		Aerobics
9:30AM					
10:00AM	Fit 4 Life	Fit 4 Life	Fit 4 Life	Fit 4 Life	Fit 4 Life
10:30AM					
11:00AM		SILVER&FIT EXPERIENCE		SILVER&FIT EXPERIENCE	
12:00AM					
1:00PM		 <i>Moving for Better Balance®</i> SILVER&FIT ENDORSED Week 1-12		 <i>Moving for Better Balance®</i> SILVER&FIT ENDORSED Week 1-12	
2:00PM		SILVER&FIT EXPLORE		SILVER&FIT EXPLORE	
2:30PM					
3:00PM					
4:00PM		POOL Exercise		POOL Exercise	
5:00PM					