











ANNANDALE HEALTH & WELLNESS CENTER- FALL 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	Reserved	Reserved	Reserved	Reserved	Reserved
10:30AM					
11:00AM					
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					