















February 19 - 25, 2012

Hemenway Health Club

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|---|---|
| February 19 | February 20 | February 21 | February 22 | February 23 | February 24 | February 25 |
| 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors | 8:30 AM Morning Walk with Neighbors |
| 9:00 AM - 7:00 PM Family Swim | 9:00 AM Watercise |  9:30 AM Stretch & Strengthen | 9:00 AM Watercise | 9:30 AM Stretch & Strengthen | 9:00 AM Watercise | 9:00 AM - 7:00 PM Family Swim |
|  |  | 9:30 AM Balance Class <i>370 Overlook Lounge</i> |  | 10:15 AM Mind and Body Relaxation Class with Joy |  |  |
| 9:30 AM Stretch & Strengthen | 9:30 AM Stretch & Strengthen | 10:15 AM Mind and Body Relaxation Class with Joy | 9:30 AM Stretch & Strengthen |  | 9:30 AM Stretch & Strengthen | 9:30 AM Stretch & Strengthen |
| | 10:00 AM Chair Tennis |  | 10:00 AM Chair Tennis | 11:15 AM Fitness Center Assistance with Joy | 10:00 AM Chair Tennis | 10:00 AM Chair Tennis |
| |  | 11:15 AM Fitness Center Assistance with Joy |  | 11:15 AM Fitness Center Assistance with Joy |  | |
| | 3:30 PM Afternoon Walk with Neighbors | 1:00 PM Balance Class <i>420 Theater</i> | 10:00 AM Chair Tennis | 1:45 PM Balance Training with Joy | | |
| |  | 2:30 PM Circuit Training with Joy | 3:30 PM Afternoon Walk with Neighbors | 3:30 PM Balance Training with Joy | 3:30 PM Afternoon Walk with Neighbors | |
| | | 3:30 PM Afternoon Walk with Neighbors |  | 2:30 PM Circuit Training with Joy |  | |
| | | | | 3:30 PM Afternoon Walk with Neighbors | | |

*"Movement is a medicine for creating change on a person's physical, emotional and mental states."
Carol Welsh*

*"I really don't think I need buns of steel. I'd be happy with buns of cinnamon."
Ellen DeGeneres*