










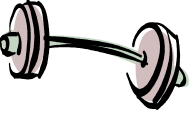



# February 26 - March 3, 2012

# Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 26	February 27	February 28	February 29	March 1	March 2	March 3
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 Stretch & Strengthen	9:30 AM Stretch & Strengthen	9:30 AM Balance Class <i>370 Overlook Lounge</i>	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
	10:00 AM Chair Tennis	10:15 AM Mind and Body Relaxation Class with Joy				10:00 AM Wii Bowling
		11:15 AM Fitness Center Assistance with Joy	10:00 AM Chair Tennis	11:15 AM Fitness Center Assistance with Joy		<p><i>"Health is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." World Health Organization (1948)</i></p>
<p><i>"It is exercise alone that supports the spirits, and keeps the mind in vigor." Marcus Cicero</i></p>	10:00 AM - 11:00 AM Blood Pressure Clinic <i>420 Fitness Center</i>	1:00 PM Balance Class <i>420 Theater</i>	10:00 AM - 11:00 AM Blood Pressure Clinic <i>Bill Miller Room</i>	1:45 PM Balance Training with Joy	10:00 AM Chair Tennis	
	3:30 PM Afternoon Walk with Neighbors	2:30 PM Circuit Training with Joy	3:30 PM Afternoon Walk with Neighbors	2:30 PM Circuit Training with Joy	3:30 PM Afternoon Walk with Neighbors	
						
		3:30 PM Afternoon Walk with Neighbors		3:30 PM Afternoon Walk with Neighbors		