


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> Ballard Landmark</div>	5433 Leary Ave. NW Seattle, WA 98107 206-782-4000	<div><div></div><div>Fitness</div></div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Spanish Dance [SC]</div><div>10:15 Stair Climbing with Kayla [LY]</div><div>10:45 Courtyard Stretch [CY]</div><div>1:00 Boxercise [SC]</div><div>1:45 Appointment Only: Fitness Assessment [FC]</div><div>2:30 Range of Motion, Legs [VR]</div><div>3:15 Daily Dose [VR]</div><div>3:15 Walking with Susan [LY]</div></div> <div>1</div>	<div><div>9:00 Biking at Magnusson Park</div><div>12:45 Relax &amp; Renew [SC]</div><div>1:00 Tension Tamer [SC]</div><div>2:00 Block Walk [LY]</div><div>2:30 Speech Exercise [FC]</div><div>3:15 Daily Dose [VR]</div></div> <div>2</div>	<div><div>9:00 Stair Climbing</div><div>10:00 Boomdrums (New Class) [VR]</div><div>11:00 Stretching (New Class)</div><div>1:00 Walking (New Class)</div><div>2:30 Range of Motion, Arms [VR]</div><div>3:15 Foot Exercises [FC]</div></div> <div>3</div>	<div><div>11:00 Pump With Trainer [FC]</div></div> <div>4</div>
<div>5</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Dance &amp; Groove [SC]</div><div>11:00 Zen Out(New Class) [LB]</div><div>2:30 Range of Motion, Agility [VR]</div><div>3:15 Daily Dose [VR]</div></div> <div>6</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>1:00 Stroll and Spot</div><div>2:00 Everyday Balance [VR]</div><div>3:15 Daily Dose [VR]</div><div>4:00 Drumming Live [VR]</div></div> <div>7</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Spanish Dance [SC]</div><div>10:15 Stair Climbing with Kayla [LY]</div><div>10:45 Courtyard Stretch [CY]</div><div>1:00 Boxercise [SC]</div><div>1:45 Appointment Only: Fitness Assessment [FC]</div><div>2:30 Range of Motion, Legs [VR]</div><div>3:15 Daily Dose [VR]</div><div>3:15 Walking with Susan [LY]</div></div> <div>8</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>12:45 Relax &amp; Renew [SC]</div><div>1:00 Tension Tamer [SC]</div><div>2:00 Block Walk [LY]</div><div>2:30 Speech Exercise [FC]</div><div>3:15 Daily Dose [VR]</div></div> <div>9</div>	<div><div>9:00 Stair Climbing</div><div>10:00 Boomdrums (New Class) [VR]</div><div>11:00 Stretching (New Class)</div><div>1:00 Walking (New Class)</div><div>2:30 Range of Motion, Arms [VR]</div><div>3:15 Foot Exercises [FC]</div></div> <div>10</div>	<div><div>11:00 Total Power Pump [FC]</div></div> <div>11</div>
<div>11:00 Chill With Trainer</div> <div>12</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Dance &amp; Groove [SC]</div><div>11:00 Zen Out(New Class) [LB]</div><div>2:30 Range of Motion, Agility [VR]</div><div>3:15 Daily Dose [VR]</div></div> <div>13</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>1:00 Stroll and Spot</div><div>2:00 Everyday Balance [VR]</div><div>3:15 Daily Dose [VR]</div><div>4:00 Drumming Live [VR]</div></div> <div>14</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Spanish Dance [SC]</div><div>10:15 Stair Climbing with Kayla [LY]</div><div>10:45 Courtyard Stretch [CY]</div><div>1:00 Best in Fitness Awards Q3 [VR]</div><div>2:30 Range of Motion, Legs [VR]</div><div>3:15 Daily Dose [VR]</div><div>3:15 Walking with Susan [LY]</div></div> <div>15</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>12:45 Relax &amp; Renew [SC]</div><div>1:00 Tension Tamer [SC]</div><div>2:00 Block Walk [LY]</div><div>2:30 Speech Exercise [FC]</div><div>3:15 Daily Dose [VR]</div></div> <div>16</div>	<div><div>9:00 Stair Climbing</div><div>10:00 Boomdrums (New Class) [VR]</div><div>11:00 Stretching (New Class)</div><div>1:00 Walking (New Class)</div><div>2:30 Range of Motion, Arms [VR]</div><div>3:15 Foot Exercises [FC]</div></div> <div>17</div>	<div><div>11:00 Pump With Trainer [FC]</div></div> <div>18</div>
<div>19</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Dance &amp; Groove [SC]</div><div>11:00 Zen Out(New Class) [LB]</div><div>2:30 Range of Motion, Agility [VR]</div><div>3:15 Daily Dose [VR]</div></div> <div>20</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>1:00 Stroll and Spot</div><div>2:00 Everyday Balance [VR]</div><div>3:15 Daily Dose [VR]</div><div>4:00 Drumming Live [VR]</div></div> <div>21</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Spanish Dance [SC]</div><div>10:15 Stair Climbing with Kayla [LY]</div><div>10:45 Courtyard Stretch [CY]</div><div>1:00 Boxercise [SC]</div><div>1:45 Appointment Only: Fitness Assessment [FC]</div><div>2:30 Range of Motion, Legs [VR]</div><div>3:15 Daily Dose [VR]</div><div>3:15 Walking with Susan [LY]</div></div> <div>22</div>	<div><div>2:30 Speech Exercise [FC]</div><div>3:15 Daily Dose [VR]</div></div> <div>23</div>	<div><div>9:00 Stair Climbing</div><div>10:00 Boomdrums (New Class) [VR]</div><div>11:00 Stretching (New Class)</div><div>1:00 Walking (New Class)</div><div>2:30 Range of Motion, Arms [VR]</div><div>3:15 Foot Exercises [FC]</div></div> <div>24</div>	<div>25</div>
<div>26</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Dance &amp; Groove [SC]</div><div>11:00 Zen Out(New Class) [LB]</div><div>2:30 Range of Motion, Agility [VR]</div><div>3:15 Daily Dose [VR]</div></div> <div>27</div>	<div><div>3:15 Daily Dose [VR]</div><div>4:00 Drumming Live [VR]</div></div> <div>28</div>	<div><div>9:00 Aquatics [Pool]</div><div>10:00 Spanish Dance [SC]</div><div>10:15 Stair Climbing with Kayla [LY]</div><div>10:45 Courtyard Stretch [CY]</div><div>1:00 Boxercise [SC]</div><div>1:45 Appointment Only: Fitness Assessment [FC]</div><div>2:30 Range of Motion, Legs [VR]</div><div>3:15 Daily Dose [VR]</div><div>3:15 Walking with Susan [LY]</div></div> <div>29</div>	<div><div>10:00 Chair Chi [VR]</div><div>10:45 Seated Strength 1-Arms [VR]</div><div>11:30 Seated Strength 2-Legs [VR]</div><div>12:45 Relax &amp; Renew [SC]</div><div>1:00 Tension Tamer [SC]</div><div>2:00 Block Walk [LY]</div><div>2:30 Speech Exercise [FC]</div><div>3:15 Daily Dose [VR]</div></div> <div>30</div>	<div><div>9:00 Stair Climbing</div><div>10:00 Boomdrums (New Class) [VR]</div><div>11:00 Stretching (New Class)</div><div>1:00 Walking (New Class)</div><div>2:30 Range of Motion, Arms [VR]</div><div>3:15 Foot Exercises [FC]</div></div> <div>31</div>	<div><div>Location Keys</div><div>CourtyardCY</div><div>Fitness CenterFC</div><div>LibraryLB</div><div>LobbyLY</div><div>Sports CourtSC</div><div>Swimming PoolPool</div><div>Vitality RoomVR</div></div>