

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <div>February 2025</div> <div>Platt Senior Living Group Fitness Schedule</div> </div>						<div>1</div> <div>9:30 AM Music &amp; Movement w/ Rebecca in the East Wing</div>
<div>2</div> <div>  <div>Groundhog Day</div> </div>	<div>3</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>4</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym)  2:00 PM Walking Club w/ Jen &amp; Alyssa (Renken Lobby) </div>	<div>5</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>6</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>7</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  1:00 PM Gym Workout w/ Jen &amp; Alyssa (Renken Gym) </div>	<div>8</div> <div> 9:30 AM Music &amp; Movement w/ Rebecca in the East Wing  1:00 PM Open Swim (Pool)  2:00 PM Aquacise w/ Ciara (Pool) </div>
<div>9</div> <div>  </div>	<div>10</div> <div> 8:30 AM Open Swim(Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>11</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym)  2:00 PM Walking Club w/ Rebecca &amp; Jean (Renken Lobby) </div>	<div>12</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>13</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym) </div>	<div>14</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Jen (Pool)  9:15 AM Chair Yoga w/Rebecca (East Wing)  10:15 AM Exercise w/ Jen (Renken Gym)  1:00 PM Gym Workout w/ Jen   <div>Valentine's Day</div> </div>	<div>15</div> <div> 9:30 AM Music &amp; Movement w/ Rebecca in the East Wing  1:00 PM Open Swim (Pool)  2:00 PM Aquacise w/ Ciara (Pool) </div>
<div>16</div> <div>  </div>	<div>17</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)   <div>Presidents' Day (U.S.)</div> </div>	<div>18</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym)  2:00 PM Walking Club w/ Jen &amp; Alyssa (Renken Lobby) </div>	<div>19</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Jen (Pool)  9:15 AM Chair Yoga w/ Jean (East Wing)  10:15 AM Exercise w/ Jen (Renken Gym) </div>	<div>20</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym) </div>	<div>21</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  1:00 PM Gym Workout w/ Jen &amp; Alyssa (Renken Gym) </div>	<div>22</div> <div> 9:30 AM Music &amp; Movement w/ Rebecca in the East Wing </div>
<div>23</div> <div>  </div>	<div>24</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>25</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym)  2:00 PM Walking Club w/ Jen &amp; Alyssa (Renken Lobby) </div>	<div>26</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym) </div>	<div>27</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Exercise w/ Jean (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  11:00 AM Chair Yoga w/ Jen (Renken Gym) </div>	<div>28</div> <div> 8:30 AM Open Swim (Pool)  9:15 AM Aquacise w/ Alyssa (Pool)  9:15 AM Chair Yoga w/ Jen (East Wing)  10:15 AM Exercise w/ Alyssa (Renken Gym)  1:00 PM Gym Workout w/ Jen &amp; Alyssa (Renken Gym)  <div>Ramadan Begins</div> </div>	<div>Schedule Subject to Change</div> 