

SAMPLE MONTH PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Here's a glimpse into the wellness programs and activities offered at Holladay Park Plaza, along with a glimpse of some special events.</p>		<p>While the following list provides a sample of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>				
	<p>1</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:00 Low Impact Aerobics 3:00 Drumming</p>	<p>2</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Taoist Tai Chi 10:00 Small Group Training 11:30 Chair Pilates/Yoga 1:00 Ballet Barre & Stretch</p>	<p>3</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:30 Yoga</p>	<p>4</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Tai Chi 10:00 Small Group Training 11:15 Qigong 1:00 Ballet Barre & Stretch</p>	<p>5</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch</p>	<p>6</p> <p>6:30 Holladay Park Choir Concert</p>
7	<p>8</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:00 Low Impact Aerobics 3:00 Drumming</p>	<p>9</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Taoist Tai Chi 10:00 Small Group Training 11:30 Chair Pilates/Yoga 1:00 Ballet Barre & Stretch</p>	<p>10</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch 7:00 Woodlander, Americana, blues, jazz, folk</p>	<p>11</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Tai Chi 10:00 Small Group Training 11:15 Qigong 1:00 Ballet Barre & Stretch</p>	<p>12</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch</p>	13
14	<p>15</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:00 Low Impact Aerobics 3:00 Drumming</p>	<p>16</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Taoist Tai Chi 10:00 Small Group Training 11:30 Chair Pilates/Yoga 1:00 Ballet Barre & Stretch</p>	<p>17</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch</p>	<p>18</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Tai Chi 10:00 Small Group Training 11:15 Qigong 1:00 Ballet Barre & Stretch</p>	<p>19</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch</p>	<p>20</p> <p>6:30 Plaza Players (Staged readings of plays - comedies and dramas)</p>
21	<p>22</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:00 Low Impact Aerobics 3:00 Drumming</p>	<p>23</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Taoist Tai Chi 10:00 Small Group Training 11:30 Chair Pilates/Yoga 1:00 Ballet Barre & Stretch</p>	<p>24</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch 7:00 Portland Taiko Drumming</p>	<p>25</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Tai Chi 10:00 Small Group Training 11:15 Qigong 1:00 Ballet Barre & Stretch</p>	<p>26</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 11:30 Tap Dance - Beginners 1:00 Chair Pilates/Yoga Stretch</p>	27
28	<p>29</p> <p>8:30 Strength & Cardio 9:15 Aqua Fit 9:30 Better Bones 10:30 Balance Games 1:00 Mat Pilates 2:00 Low Impact Aerobics 3:00 Drumming</p>	<p>30</p> <p>8:00 Rise & Stretch 9:00 Ab Lab / Ai Chi Aqua 10:00 Arthritis Aqua 10:00 Taoist Tai Chi 10:00 Small Group Training 11:30 Chair Pilates/Yoga 1:00 Ballet Barre & Stretch</p>				<p>Pink = Special events</p>