

# Weekly Leisure Opportunities Community Square and Lounges

## Monday

8:30 Functional Fitness (MPR)  
9:15 Aqua Fit (SP)  
10:30 Better Balance (MPR)  
1:00 Cheerful Chimers (PLR)  
1:00 Mah Jongg (PDR)  
1:30 Seated Strength (MPR)  
2:15 Women's Ensemble (OWT)  
2:30 Seated Volleyball (MPR)  
6:30 Rosary (RR)  
6:30 Rummykub (PLR)

## Tuesday

9:00 Interval Training (MPR)  
**Bus Runs~9:30-11:30 Hales Corners  
and Southridge**  
9:45 Aqua Aerobics (SP)  
11:00 Seated Strength (MPR)  
1:00 Chair Yoga (MPR)  
1:00 Sheephead (PDR)  
**2:00-3:00 Wellness Clinic (D218)**  
2:30 Arts and Crafts (PLR)  
6:30 Oh Hell/Cards (PLR)

## Wednesday

8:30 Functional Fitness (MPR)  
9:15 Aqua Fit (SP)  
9:30 Catholic Mass (OWT)  
10:30 Step Aerobics (MPR)  
**Bus Run~1:00-3:00 Muskego**  
1:00 Seated Volleyball (MPR)  
2:30 Walking Group  
3:00 Campus Worship (OWT)  
6:30 Cards (PLR)

## Thursday

9:00 Interval Training (MPR)  
**Bus Run~9:30-11:30 Hales Corners/  
Layton to Lincoln**  
9:30 Men's Coffee Hour (PDR)  
9:45 Aqua Zumba (SP)  
11:00 Seated Strength (MPR)  
1:00 Chair Yoga (MPR)  
2:00 Self-directed Wii Tennis (MPR)  
**2:00-3:00 Wellness Clinic (D218)**  
6:30 Hand & Foot (PLR)

## Friday

8:30 Functional Fitness (MPR)  
9:15 Aqua Fit (SP)  
10:30 Better Balance (MPR)  
1:00 Bridge (PDR)  
**Bus Run~1:00-3:00 Muskego**  
1:30 Seated Strength (MPR)  
2:00 Wii Bowling (MPR)  
**2:30-3:30 Personal Training Advising**  
6:30 Friday Night at the Movies (OWT)

## Saturday

6:30 Bingo (PDR)

## Sunday

**8:10-12:15 Church Service Bus  
Runs**  
**10:00 Heritage Presbyterian Church  
Service (OWT)**