

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)**