







The Residences' After Hours  
Emergency Maintenance:

Please **call** (563) 213-4157. You will automatically be connected with the maintenance employee on-call.



The Residences

# September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calendar subject to change</i>		1 9:00, 10:00, 11:00 Strength Circuit  1:00 & 2:15 Arthritis Aquatics	2  1:00 & 2:15 Aqua Fit	3 9:00, 10:00, 11:00 Strength	4 9:00, 10:00, 11:00 Chair Fitness  9:00 Men's Driveway Coffee	5
6	7 <b>NO CLASSES</b> 	8 9:00, 10:00, 11:00 Strength Circuit  1:00 & 2:15 Arthritis Aquatics	9  1:00 & 2:15 Aqua Fit	10 9:00, 10:00, 11:00 Strength	11 9:00, 10:00, 11:00 Chair Fitness  	12
13 	14 9:00, 10:00, 11:00 Stretch It Out!  1:00 & 2:15 Water Aerobics	15 9:00, 10:00, 11:00 Strength Circuit  1:00 & 2:15 Arthritis Aquatics	16  1:00 & 2:15 Aqua Fit	17 9:00, 10:00, 11:00 Strength	18 9:00, 10:00, 11:00 Chair Fitness  9:00 Men's Driveway Coffee	19
20 Last week of summer classes!	21 9:00, 10:00, 11:00 Stretch It Out!  1:00 & 2:15 Water Aerobics	22 9:00, 10:00, 11:00 Strength Circuit  1:00 & 2:15 Arthritis Aquatics 	23  1:00 & 2:15 Aqua Fit	24 9:00, 10:00, 11:00 Strength	25 9:00, 10:00, 11:00 Chair Fitness	26
27 Pool closes for the season this week	28	29	30			