



The Residences  
**July 2024**

The Residences' After Hours  
 Emergency Maintenance:

Please *call* (563) 590-6570. You will automatically be connected with the maintenance employee on-call.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 2:15 Water Aerobics	2 9:30 Standing Strength 10:30 Chair Strength	3 10:30 Stretch/Mobility 2:15 Water Aerobics	4 <b>NO CLASSES</b> 	5 10:30 Chair Fitness <b>4:00 Happy Hour</b> 	6
7 <i>Note: The Hydroworx will be down this week for routine maintenance</i>	8 2:15 Water Aerobics	9 <b>NO CLASSES</b>	10 <b>NO STRETCH</b> 2:15 Water Aerobics	11 10:30 Strength Circuit 2:15 Arthritis Aquatics	12 <b>9:30 Men's Coffee</b>  <b>NO CLASS</b>	13
14	15 2:15 Water Aerobics	16 9:30 Standing Strength 10:30 Chair Strength	17 <b>9:30 Ladies' Coffee</b>  10:30 Stretch/Mobility 2:15 Water Aerobics	18 10:30 Strength Circuit <b>1:00 Book Club</b>  2:15 Arthritis Aquatics	19 10:30 Chair Fitness	20
21	22 2:15 Water Aerobics	23 9:30 Standing Strength 10:30 Chair Strength	24 <b>NO STRETCH</b> 2:15 Water Aerobics	25 10:30 Strength Circuit 2:15 Arthritis Aquatics <b>5:00 Dinner Out @ Timmerman's</b>	26 10:30 Chair Fitness	27
28	29 2:15 Water Aerobics	30 9:30 Standing Strength 10:30 Chair Strength	31 2:15 Water Aerobics			<i>Calendar subject to change</i>