












Sample Activity Calendar







MONDAY

-  10:00 a.m. TOTAL BODY RESET
-  10:30 a.m. MOVIE SHOWING
-  1:30 p.m. AGILITY & BALANCE
-  2:00 p.m. THE WEEK IN HISTORY
-  2:30 p.m. BRIDGE CLUB
-  3:00 p.m. MONDAY MATINEE






TUESDAY

-  10:00 a.m. CLASSIC CARDIO
-  10:30 a.m. DOCUMENTARY SHOWING
-  1:30 p.m. GENTLE SEATED YOGA
-  2:00 p.m. MUSICAL PERFORMANCE
-  3:30 p.m. MONTHLY BIRTHDAY PARTY






WEDNESDAY

-  10:00 a.m. WALKING CLUB
-  10:30 a.m. PAINTING CLASS
-  1:30 p.m. STRENGTH CLASS
-  2:00 p.m. RUMMIKUB
-  3:00 p.m. CRAFTING
-  3:30 p.m. BIBLE STUDY

THURSDAY

-  10:00 a.m. LOWER BODY EXERCISE
-  10:30 a.m. MOVIE SHOWING
-  1:30 p.m. GENTLE SEATED YOGA
-  2:00 p.m. TRIVIA
-  3:30 p.m. CRAFTING

FRIDAY

-  10:00 a.m. CIRCUIT TRAINING
-  10:30 a.m. GROUP OUTING
-  1:30 p.m. AGELESS ABS
-  2:00 p.m. BRIDGE
-  2:30 p.m. POPCORN & MOVIE



Highpoint
at Fort Mill