

February 2018 **Lansdowne Woods of Virginia™**
Health Seminars, Fitness Classes & Sports Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 • 10:00AM - 12:00PM Pickleball	29 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:50PM - 1:20PM Beginner Tap Dance • 1:30PM - 2:30PM Intermediate Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing • 5:30PM - 6:30PM Zumba • 7:00PM - 8:00PM Beginner's Yoga	30 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 6:00PM - 7:00PM Social Dance Lessons	31 • 8:00AM - 9:00AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 2:15PM - 3:00PM Aqua Fit • 3:30PM - 4:30PM Tap Practice • 4:00PM - 6:30PM Water Volleyball • 5:00PM - 6:00PM Chair Yoga	1 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 5:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 5:30PM - 6:30PM Zumba	2 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:10PM - 1:10PM Intermediate Tap Dance • 1:15PM - 2:15PM Beginner Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Advanced Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing	3 • 10:00AM - 12:00PM Pickleball • 10:00AM - 11:00AM Zumba • 11:00AM - 12:00PM Chair Y • 1:00PM - 2:00PM Beginne Table Tennis • 2:00PM - 4:00PM Intermerc Table Tennis
4 • 10:00AM - 12:00PM Pickleball	5 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:50PM - 1:20PM Beginner Tap Dance • 1:30PM - 2:30PM Intermediate Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing • 5:30PM - 6:30PM Zumba • 7:00PM - 8:00PM Beginner's Yoga	6 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 1:00PM - 2:00PM Weight Management Group • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 6:00PM - 7:00PM Social Dance Lessons	7 • 8:00AM - 9:00AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Qi Gong • 2:15PM - 3:00PM Aqua Fit • 3:30PM - 4:30PM Tap Practice • 4:00PM - 6:30PM Water Volleyball • 5:00PM - 6:00PM Chair Yoga	8 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 12:00PM - 1:30PM Alzheimer's Support Group for Caregivers • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 5:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 5:30PM - 6:30PM Zumba	9 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:10PM - 1:10PM Intermediate Tap Dance • 1:15PM - 2:15PM Beginner Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Advanced Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing	10 • 10:00AM - 12:00PM Pickleball • 10:00AM - 11:00AM Zumba • 11:00AM - 12:00PM Chair Y • 1:00PM - 2:00PM Beginne Table Tennis • 2:00PM - 4:00PM Intermerc Table Tennis
11 • 10:00AM - 12:00PM Pickleball	12 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-	13 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow	14 • 8:00AM - 9:00AM Restorative Yoga • 10:00AM -	15 • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow	16 • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-	17 • 10:00AM - 12:00PM Pickleball • 10:00AM - 11:00AM Zumba

	<p>Z Does It Aquatics</p> <ul style="list-style-type: none"> • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:50PM - 1:20PM Beginner Tap Dance • 1:30PM - 2:30PM Intermediate Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing • 5:30PM - 6:30PM Zumba • 7:00PM - 8:00PM Beginner's Yoga 	<p>Yoga</p> <ul style="list-style-type: none"> • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 1:00PM - 2:00PM Weight Management Group • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 3:00PM - 4:00PM Orientation to Fitness Room • 6:00PM - 7:00PM Social Dance Lessons 	<p>11:00AM Cardio, Strength & Stretch</p> <ul style="list-style-type: none"> • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Qi Gong • 2:15PM - 3:00PM Aqua Fit • 3:30PM - 4:30PM Tap Practice • 4:00PM - 6:30PM Water Volleyball • 5:00PM - 6:00PM Chair Yoga • 6:00PM - 7:30PM Bereavement Support Group 	<p>Yoga</p> <ul style="list-style-type: none"> • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 5:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 3:00PM - 4:00PM Orientation to Wellness and Fitness Classes • 5:30PM - 6:30PM Zumba 	<p>Z Does It Aquatics</p> <ul style="list-style-type: none"> • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:10PM - 1:10PM Intermediate Tap Dance • 1:15PM - 2:15PM Beginner Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Advanced Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing 	<ul style="list-style-type: none"> • 11:00AM - 12:00PM Chair Y • 1:00PM - 2:00PM Beginne Table Tennis • 2:00PM - 4:00PM Interme Table Tennis
18	19	20	21	22	23	24
<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:50PM - 1:20PM Beginner Tap Dance • 1:30PM - 2:30PM Intermediate Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing • 5:30PM - 6:30PM Zumba • 7:00PM - 8:00PM Beginner's Yoga 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 1:00PM - 2:00PM Weight Management Group • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 6:00PM - 7:00PM Social Dance Lessons 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Qi Gong • 1:00PM - 2:30PM Self-Love Workshop • 2:15PM - 3:00PM Aqua Fit • 3:30PM - 4:30PM Tap Practice • 4:00PM - 6:30PM Water Volleyball • 5:00PM - 6:00PM Chair Yoga 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 5:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 5:30PM - 6:30PM Zumba 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:10PM - 1:10PM Intermediate Tap Dance • 1:15PM - 2:15PM Beginner Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Advanced Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing 	<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball • 10:00AM - 11:00AM Zumba • 11:00AM - 12:00PM Chair Y • 1:00PM - 2:00PM Beginne Table Tennis • 2:00PM - 4:00PM Interme Table Tennis
25	26	27	28	1	2	3
<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:50PM - 1:20PM Beginner Tap Dance 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 1:00PM - 2:00PM Weight 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Qi Gong • 2:15PM - 3:00PM Aqua Fit • 3:30PM - 4:30PM Tap 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 10:00AM - 11:00AM Slow Flow Yoga • 11:00AM - 12:00PM Balance, Gait & Strength • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 5:00PM Intermediate 	<ul style="list-style-type: none"> • 8:00AM - 9:00AM Restorative Yoga • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 12:10PM - 1:10PM Intermediate Tap Dance 	<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball • 10:00AM - 11:00AM Zumba • 11:00AM - 12:00PM Chair Y • 1:00PM - 2:00PM Beginne Table Tennis • 2:00PM - 4:00PM Interme Table Tennis

<ul style="list-style-type: none"> • 1:30PM - 2:30PM Intermediate Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing • 5:30PM - 6:30PM Zumba • 7:00PM - 8:00PM Beginner's Yoga 	<p>Management Group</p> <ul style="list-style-type: none"> • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 6:00PM - 7:00PM Social Dance Lessons 	<p>Practice</p> <ul style="list-style-type: none"> • 4:00PM - 6:30PM Water Volleyball • 5:00PM - 6:00PM Chair Yoga 	<p>Table Tennis</p> <ul style="list-style-type: none"> • 2:15PM - 3:00PM Water Yoga • 5:30PM - 6:30PM Zumba 	<ul style="list-style-type: none"> • 1:15PM - 2:15PM Beginner Tap Dance • 2:15PM - 3:00PM Aqua Fit • 3:00PM - 4:00PM Advanced Line Dance • 4:00PM - 6:30PM Water Volleyball • 4:10PM - 5:00PM Introduction to Line Dancing
---	---	--	---	---

Also see Aerobics/Aquatics Schedules Jan 2018 and LW Club and Activities Schedule 2018 on Resource Page at <http://riverbend-lwva.org/docs/index.htm>