

<p style="text-align: center;">Lansdowne Woods of Virginia™ Health Seminars, Fitness Classes & Sports Events</p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 	<p>27</p> <ul style="list-style-type: none"> 9:00AM - 9:45AM E-Z Does It Aquatics 10:00AM - 11:00AM Cardio, Strength & Stretch 12:10PM - 1:10PM Intermediate Tap 12:50PM - 1:20PM Beginner Tap 3:00PM - 4:00PM Beginner Line Dance 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 4:10PM - 5:00PM Introduction to Line Dancing 	<p>28</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 2:15PM - 3:00PM Water Yoga 	<p>29</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Restorative Yoga 10:00AM - 11:00AM Cardio, Strength & Stretch 11:00AM - 12:00PM Chair Yoga 1:00PM - 2:00PM Stretch & Core Mat Exercises 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 	<p>30</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 2:15PM - 3:00PM Water Yoga 5:30PM - 7:00PM Tennis Group Play 	<p>1</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM 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 1:15PM - 2:15PM Beginner Tap 3:00PM - 4:00PM Advanced Line Dancing 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 4:10PM - 5:00PM Introduction to Line Dancing 	<p>2</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 1:00PM - 2:00PM Beginner Table Tennis 2:00PM - 4:00PM Intermediate Table Tennis
<p>3</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 	<p>4</p> <ul style="list-style-type: none"> 9:00AM - 9:45AM E-Z Does It Aquatics 10:00AM - 11:00AM Cardio, Strength & Stretch 12:10PM - 1:10PM Intermediate Tap 12:50PM - 1:20PM Beginner Tap 3:00PM - 4:00PM Beginner Line Dance 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 4:10PM - 5:00PM Introduction to Line Dancing 	<p>5</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 2:15PM - 3:00PM Water Yoga 	<p>6</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Restorative Yoga 10:00AM - 11:00AM Cardio, Strength & Stretch 11:00AM - 12:00PM Chair Yoga 1:00PM - 2:00PM Stretch & Core Mat Exercises 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 	<p>7</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 2:15PM - 3:00PM Water Yoga 5:30PM - 7:00PM Tennis Group Play 	<p>8</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM 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 1:15PM - 2:15PM Beginner Tap 3:00PM - 4:00PM Advanced Line Dancing 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 4:10PM - 5:00PM Introduction to Line Dancing 	<p>9</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 1:00PM - 2:00PM Beginner Table Tennis 2:00PM - 4:00PM Intermediate Table Tennis
<p>10</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 	<p>11</p> <ul style="list-style-type: none"> 9:00AM - 9:45AM E-Z Does It Aquatics 10:00AM - 11:00AM Cardio, Strength & Stretch 12:10PM - 1:10PM Intermediate Tap 12:50PM - 1:20PM Beginner Tap 3:00PM - 4:00PM Beginner Line Dance 4:00PM - 6:30PM Water 	<p>12</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 2:15PM - 3:00PM Water Yoga 	<p>13</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Restorative Yoga 10:00AM - 11:00AM Cardio, Strength & Stretch 11:00AM - 12:00PM Chair Yoga 1:00PM - 2:00PM Stretch & Core Mat Exercises 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 6:00PM - 	<p>14</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM Tai Chi 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training 12:00PM - 1:30PM Alzheimer's Support Group for Caregivers 1:00PM - 2:00PM Stretch & Core Mat Exercises 2:00PM - 4:00PM Intermediate Table Tennis 	<p>15</p> <ul style="list-style-type: none"> 8:30AM - 9:30AM 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 1:15PM - 2:15PM Beginner Tap 	<p>16</p> <ul style="list-style-type: none"> 10:00AM - 12:00PM Pickleball 1:00PM - 2:00PM Beginner Table Tennis 2:00PM - 4:00PM Intermediate Table Tennis

	<p>Volleyball - 2 1/2 hours</p> <ul style="list-style-type: none"> • 4:10PM - 5:00PM Introduction to Line Dancing 		<p>7:30PM Bereavement Support Group</p>	<p>2:15PM - 3:00PM Water Yoga</p> <ul style="list-style-type: none"> • 5:30PM - 7:00PM Tennis Group Play 	<p>3:00PM - 4:00PM Advanced Line Dancing</p> <ul style="list-style-type: none"> • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours • 4:10PM - 5:00PM Introduction to Line Dancing 	
17	18	19	20	21	22	23
<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball 	<ul style="list-style-type: none"> • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 12:10PM - 1:10PM Intermediate Tap • 12:50PM - 1:20PM Beginner Tap • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours • 4:10PM - 5:00PM Introduction to Line Dancing 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 4:00PM Intermediate Table Tennis • 2:15PM - 3:00PM Water Yoga • 5:30PM - 7:00PM Tennis Group Play 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM 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 • 1:15PM - 2:15PM Beginner Tap • 3:00PM - 4:00PM Advanced Line Dancing • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours • 4:10PM - 5:00PM Introduction to Line Dancing 	<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball • 1:00PM - 2:00PM Beginner Table Tennis • 2:00PM - 4:00PM Intermediate Table Tennis
24	25	26	27	28	29	30
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31	1	2	3	4	5	6
<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball 	<ul style="list-style-type: none"> • 9:00AM - 9:45AM E-Z Does It Aquatics • 10:00AM - 11:00AM Cardio, Strength & Stretch • 12:10PM - 1:10PM Intermediate Tap • 12:50PM - 1:20PM Beginner Tap 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 4:00PM Intermediate 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Restorative Yoga • 10:00AM - 11:00AM Cardio, Strength & Stretch • 11:00AM - 12:00PM Chair Yoga • 1:00PM - 2:00PM Stretch & Core Mat Exercises 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM Tai Chi • 9:00AM - 9:45AM Aqua Balance, Gait and Strength Training • 1:00PM - 2:00PM Stretch & Core Mat Exercises • 2:00PM - 4:00PM Intermediate 	<ul style="list-style-type: none"> • 8:30AM - 9:30AM 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 - 	<ul style="list-style-type: none"> • 10:00AM - 12:00PM Pickleball • 1:00PM - 2:00PM Beginner Table Tennis • 2:00PM - 4:00PM Intermediate Table Tennis

	<ul style="list-style-type: none"> • 3:00PM - 4:00PM Beginner Line Dance • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours • 4:10PM - 5:00PM Introduction to Line Dancing 	<p>Table Tennis</p> <ul style="list-style-type: none"> • 2:15PM - 3:00PM Water Yoga 	<ul style="list-style-type: none"> • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours 	<p>Table Tennis</p> <ul style="list-style-type: none"> • 2:15PM - 3:00PM Water Yoga • 5:30PM - 7:00PM Tennis Group Play 	<ul style="list-style-type: none"> 1:10PM Intermediate Tap • 1:15PM - 2:15PM Beginner Tap • 3:00PM - 4:00PM Advanced Line Dancing • 4:00PM - 6:30PM Water Volleyball - 2 1/2 hours • 4:10PM - 5:00PM Introduction to Line Dancing
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