Fall 2015

September

TR Center
202-645-5708/ 202-299-3780
3030 G Street, SE
Monday—Friday 9am-4:00pm

MOVE • GROW • BE GREEN with DPR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		Rest Week—No Classes				
6	7	8	9	10	11	12
13	14 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, FinsFFins2:30pmL	15 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling Good, Fins 2	16 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts,	15 17 9am-BASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	18 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water Wonders	19
20	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	22 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	23 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts,	24 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	25 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	26
27	28 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts,	29 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	30 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts,	1	2	3

October

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 BASS 2, Rocking Waves, Calm Waves, Feeling Good, Fins 2	2 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	3
4	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	15 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	15 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	9 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	10
11	12	13	14	15	16	17
			Make Up Week—No Scheduled Classes			
18	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	15 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	22 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	23 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	24
25	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	25 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	29 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	30 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	31

Fall 2015

November

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	3 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	5 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	6 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	7
8	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	10 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	12 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	13 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	14
15	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	17 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	21 9amBASS 1, 10amSenior Water Exercise, 11am-Water Boogie, 12pmWater Spouts, 3:30pm Fins 1	19 9amBASS 2, 10amRocking Waves, 11amCalm Waves, 12pmFeeling	20 9am Deep Water Walking, 10am Arthritis Tai Chi, 11:30am Leisure Swim, 12pm Water	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Make Up Week—No Scheduled Classes