



October 2024

Azalea Estates of Fayetteville



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Autumn Wellness Tip: Incorporate immune-boosting habits into your daily routine. This could include taking vitamins like Vitamin C and D, enjoying warm soups and broths, and staying active.</p> <p>"You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down." — Mary Pickford</p>	<p>Location Keys Wellness Center WC</p> <p>♥ Health and Wellness</p>		9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 1 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]	9:30 ♥ Upper Body Focus [WC] 2 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Open Swim 3 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 ♥ Lower Focus [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 4 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Shelia [WC]	1:30 ♥ Lower Focus [WC] 5 3:30 ♥ Open Swim [WC] 6:00 ♥ Cardio Drumming [WC]
	1:30 ♥ Balance & Fall Prevention Training [WC] 6 3:30 Open Swim 6:00 ♥ Open Swim [WC]	9:30 ♥ Upper Body Focus [WC] 7 11:30 ♥ Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 8 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]	9:30 ♥ Upper Body Focus [WC] 9 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 ♥ Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Open Swim 10 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 ♥ Lower Focus [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 11 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Shelia [WC]	11:30 ♥ Lower Focus [WC] 12 1:30 ♥ Cardio Drumming [WC] 3:30 ♥ Open Swim [WC]
	11:30 ♥ Balance & Fall Prevention Training [WC] 13 1:30 ♥ Cardio Drumming [WC] 3:30 Open Swim	Columbus Day 14 9:30 ♥ Upper Body Focus [WC] 11:30 ♥ Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 15 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]	9:30 ♥ Upper Body Focus [WC] 16 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 ♥ Wellness Chat [WC] 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Open Swim 17 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 ♥ Lower Focus [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 18 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Shelia [WC]	3:30 ♥ Open Swim [WC] 19 6:00 ♥ Cardio Drumming [WC]
 11:30 ♥ Balance & Fall Prevention Training [WC] 20 1:30 Cardio Drumming 3:30 ♥ Open Swim [WC]	9:30 ♥ Upper Body Focus [WC] 21 11:30 ♥ Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 22 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]	9:30 ♥ Upper Body Focus [WC] 23 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 ♥ Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Open Swim 24 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 ♥ Lower Focus [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 25 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Shelia [WC]	11:30 ♥ Lower Focus [WC] 26 1:30 ♥ Cardio Drumming [WC] 3:30 ♥ Open Swim [WC]	
Personalized workout sessions (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.	1:30 ♥ Balance & Fall Prevention Training [WC] 27 3:30 ♥ Open Swim [WC] 6:00 Cardio Drumming	9:30 ♥ Upper Body Focus [WC] 28 11:30 ♥ Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]	9:30 ♥ Azalea Aqua Fitness w/ Shameka [WC] 29 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]	9:30 ♥ Upper Body Focus [WC] 30 10:00 ♥ Open Swim [WC] 11:30 ♥ Chair Yoga [WC] 1:30 ♥ Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]	Halloween 31 9:30 ♥ Open Swim 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 ♥ Lower Focus [WC]	105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039	