

A decorative banner at the bottom of the page featuring a collage of colorful geometric shapes, including umbrellas, stars, and stripes, set against a warm, textured background. The text "created with Sagely" is visible on the right side.

Jot Down Your Reflections:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 11:15 Balance & Fall Prevention Training [WC] 1:30 ♡ Cardio Drumming [WC]	31 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.	AZALEA ESTATES ASSISTED LIVING RETIREMENT AND COMMUNITY FAYETTEVILLE	105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039	Location Keys Wellness Center WC	11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]
2 11:15 Balance & Fall Prevention Training [WC] 1:30 ♡ Cardio Drumming [WC]	3 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	4 9:30 ♡ Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	5 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	6 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]	7 9:30 ♡ Aqua Fitness w/Shameka 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	8 11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]
9 11:15 Balance & Fall Prevention Training [WC] 1:30 ♡ Cardio Drumming [WC]	10 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	11 9:30 ♡ Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	12 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	13 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]	14 11:15 ♡ Cardio Drumming [WC] 4:30 Aqua Fitness W/ Sheila	15 11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]
16 11:15 Balance & Fall Prevention Training [WC] 1:30 ♡ Cardio Drumming [WC]	17 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	18 9:30 ♡ Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	19 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/ Phyllis 1:30 ♡ Wellness Chat [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	20 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]	21 9:30 ♡ Aqua Fitness w/Shameka 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	22 11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]
23 11:15 Balance & Fall Prevention Training [WC] 1:30 ♡ Cardio Drumming [WC]	24 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	25 9:30 ♡ Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	26 9:30 ♡ Upper Body Focus [WC] 11:15 ♡ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	27 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♡ Lower Focus [WC]	28 9:30 ♡ Aqua Fitness w/Shameka 11:15 ♡ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	29 11:15 ♡ Cardio Drumming [WC] 1:30 ♡ Lower Focus [WC]
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