

SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8-9am HydroFit		8-9am HydroFit		8-9am HydroFit	 Fitness Center <hr/> <small>THE</small> DAVIS <small>COMMUNITY</small> <small>IN PORTERS NECK</small> <hr/> <small>Hours of Operation:</small> M-F: 7am-7pm Sat-Sun: 8am-4pm P-(910)-566-1200 F-(910)-319-2101
9:15-10am Water Works	9-10am HydroFit	9:15-10am Water Works	9-10am HydroFit	9:15-10am Water Works	
9:30-10am CardioFun	9:15-10:15am InterWell	9:30-10am CardioFun	9:15-10:15am InterWell	9:30-10am CardioFun	
10-11am Hydrofit	10:30-11am Body Core	10-11am HydroFit	10:30-11am Body Core	10-11am HydroFit	
10:05-10:35am Functional Strength	11:05-11:35am Basic Stretch	10:05-10:35am Functional Strength	11:05-11:35am Basic Stretch	10:05-10:35am Functional Strength	
11-11:45am Joint Fitness	1:30-2:30pm Get Some Balance	11-11:45am Joint Fitness	1:30-2:30pm Get Some Balance	11-11:45am Joint Fitness	
2:15pm-2:45pm Funtional Circuit	3-3:45pm Water Works	2:15pm-2:45pm Functional Circuit	3-3:45pm Water Works	2:15-2:45pm Functional Circuit	
3-4pm Breath of Fresh Air		3-4pm Breath of Fresh Air		3-4pm Breath of Fresh Air	

ACTIVE AGING WEEK 2014

See the separate Active Aging Week 2014 Calendar for more information on all of the fun activities going on this month!

