



Sun Safety Month

Brightwater Wellness Calendar Sample  
Hours of Operation: Monday-Friday 7am-8pm Saturday & Sunday 7am-7pm



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Memorial Day Monday, May 25th</b>				1 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	2 Have a Fit, Fun Safe Weekend!
3 Have a Fit, Fun & Safe Weekend!	4 <b>830-900 Cardio Splash</b> 1100-1130 Morning Circuit 100-130 Walking 245-315 Brain Busters	5 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	6 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	7 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	8 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	9 Have a Fit, Fun & Safe Weekend!
10 Have a Fit, Fun & Safe Weekend!	11 <b>830-900 Cardio Splash</b> 1100-1130 Morning Circuit 100-130 Walking 245-315 Brain Busters	12 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	13 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	14 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	15 <b>1000-1200 *Murrells Inlet Marsh Walk</b> 100-130 Midday Circuit 245-315 Brain Busters	16 Have a Fit, Fun & Safe Weekend!
17 Have a Fit, Fun & Safe Weekend!	18 <b>830-900 Cardio Splash</b> 1100-1130 Morning Circuit 100-130 Walking 245-315 Brain Busters	19 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	20 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	21 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	22 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	23
24 Have a Fit, Fun & Safe Weekend!	25 <b>830-900 Cardio Splash</b> 1100-1130 Morning Circuit 100-130 Walking 245-315 Brain Busters	26 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	27 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	28 900-930 Chair Yoga 1100-1130 Balance & Balls <b>100-130 Aqua Circuit</b> 245-315 Brain Busters	29 1000-1030 Morning Circuit <b>1100-1130 Cardio Splash</b> 100-130 Walking 245-315 Brain Busters	30
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