



ACTIVITY | THE ANCHORAGE

ACTIVITIES FOR ADULTS AND KIDS

(kids during July and August)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHI KUNG 11 am – 12 am Lawn in front of the Spa	YOGA 9 am – 10:15 am Pool 2, BBQ Area	PILATES 9 am – 10 am Gym	YOGA 9 am – 10:15 am Pool 2, BBQ Area	AQUADYNAMIC 11 am – 12 am Pool 2	KIDS TENIS 9 – 10 am 10 – 11 am
	KIDS SWIMMING 4:30 pm – 6:30 pm Pool 5		KIDS SWIMMING 4:30 pm – 6:30 pm Pool 5		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CHI KUNG 9/10 am Pool 2, BBQ Area</p>	<p>YOGA 9/10 am Pool 2, BBQ Area</p>	<p>PILATES 9/10 am Library</p>	<p>YOGA 9/10:15 am Pool 2, BBQ Area</p>	<p>AQUADYNAMIC 9/10 am Pool 5</p>	<p>KIDS TENIS 9/10 am 10/11 am</p>
	<p>KIDS SWIMMING 4:30/6:30 pm Pool 5</p>		<p>KIDS SWIMMING 4:30/6:30 pm Pool 5</p>		