


DECEMBER 2018

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEXIBILITY AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;">4</p> <p>YOGA* 7:30-8:30 AM</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>DANCE AEROBICS* 8:30-9:15 AM</p> <p>AQUA AEROBICS 9:00-9:30 AM</p> <p>SL STRETCH CLASS 11:15-11:45 PM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: right;">5</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;">6</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: right;">7</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM (No Class) 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS (No Class) 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEXIBILITY AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p style="text-align: right;">10</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEXIBILITY AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;">11</p> <p>YOGA* 7:30-8:30 AM</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>DANCE AEROBICS* 8:30-9:15 AM</p> <p>AQUA AEROBICS 9:00-9:30 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p> <p>SL AFTERNOON MOVE 2:15-2:45 PM</p>	<p style="text-align: right;">12</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;">13</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL STRETCH CLASS 11:15-11:45 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: right;">14</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEXIBILITY AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p style="text-align: right;">17</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p>	<p style="text-align: right;">18</p> <p>YOGA* 7:30-8:30 AM</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>DANCE AEROBICS* 8:30-9:15 AM</p> <p>AQUA AEROBICS 9:00-9:30 AM</p>	<p style="text-align: right;">19</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p>	<p style="text-align: right;">20</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p>	<p style="text-align: right;">21</p> <p>STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p>

FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	SL STRETCH CLASS 11:15-11:45 AM SL GYM TIME 1:15-2:00 PM SL AFTERNOON MOVE 2:15-2:45 PM	SEATED STRENGTH 1:45-2:15 PM	SL GYM TIME 1:15-2:00 PM	FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM
Monday	Tuesday	Wednesday	Thursday	Friday
24 STRETCH AND STRENGTH (No Class) 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM AQUA AEROBICS (No Class) 9-9:30 AM GENTLE AQUA (No Class) 10-10:45 AM FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH (No Class) 1:45-2:15 PM	25 	26 STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM (No Class) 8:30 - 9:00 AM AQUA AEROBICS 9-9:30 AM GENTLE AQUA (No Class) 10-10:45 AM SEATED STRENGTH 1:45-2:15 PM	27 CIRCUIT TRAINING 7:45-8:15 AM SL GYM TIME 1:15-2:00 PM *Spa closed all day/pool closed at 2pm	28 STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM
31 STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM (No Class) 8:30 - 9:00 AM AQUA AEROBICS 9-9:30 AM GENTLE AQUA (No Class) 10-10:45 AM FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM			GYM OPEN 24/7 POOL HOURS 6 AM- 9 PM* *Last Thursday of the month Spa closed all day. Pool closed at 2pm for cleaning	Supervised Gym M-F 10 am-12 pm Supervised Swim T/TH 8:15 am-9 am Supervised SL Gym T/TH 1:15 pm -2 pm Please call Wellness Staff to schedule time outside above hours x3779

Aqua Aerobics 30 minute group class designed to target the full body. All exercises are done in a warm water pool with water weights and other equipment provided. The **Gentle Aqua** class is less intense and designed for beginners (45 minutes). POOL

Circuit Training 30 minute session, with 15 different stations, divided into 2 minutes each, designed to use all of the body's major muscle groups. Each station will be a specific action that will use one or more muscle groups. GYM

Dance Aerobics * Fee Based Class 1 hour group class designed to work on balance, coordination, and mildly increase your heart rate in a controlled setting. GROUP EXERCISE ROOM

Flexibility and Core This stretch class focuses on overall well-being by releasing muscle tension, and reinforcing proper alignment with basic stretches performed in a chair and on a mat. GROUP EXERCISE ROOM

Stretch and Strength 30 minute group class designed to maintain strength, mobility, and balance. All equipment is provided. GROUP EXERCISE ROOM

Seated Strength This class is a seated version of our stretch and strength class. (Supported Living 3rd floor)



Yoga* Fee Based Class

A 60 minute group class incorporating gentle stretch and strength sequences. Instructors guide participants through active yoga postures, periods of relaxation, and breathing exercises, offering a peaceful body/mind connection. SKY LOUNGE/GROUP EXERCISE ROOM

SL= Supported Living based activity