

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>GYM OPEN 24/7</b></p> <p><b>POOL HOURS 6 AM- 9 PM*</b></p> <p>*Last Thursday of the month Spa closed all day. Pool closed at 2pm for cleaning</p>	<p><b>1</b></p> <p>YOGA* (No Class) 7:30-8:30 AM</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>DANCE AEROBIC*(No class) 8:30-9:15</p> <p>AQUA AEROBICS (No Class) 9:00-9:30</p> <p>SL GYM TIME 1:15-2:00 PM</p> <p><i>HAPPY NEW YEAR!</i></p>	<p><b>2</b></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><b>3</b></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><b>4</b></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>
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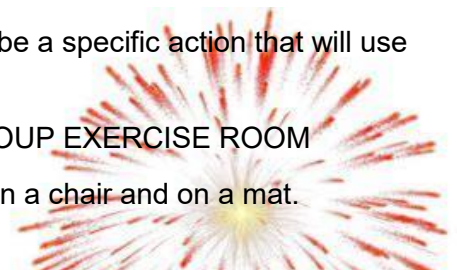
FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	SL GYM TIME 1:15-2:00 PM SL AFTERNOON MOVE 2:15-2:45 PM		SL GYM TIME 1:15-2:00 PM	FLEXIBILITY AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM
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**Aqua Aerobics** 30 minute group class designed 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 3<sup>rd</sup> 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