



| 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>Supervised Gym M-F 10 am-12 pm</p> <p>Supervised Swim T/TH 8:15 am-9 am</p> <p>Supervised SL T/TH 1:15 pm -2pm</p> <p>Please call Wellness Staff to schedule time outside above hours <b>x3779</b></p>                   |   |  | <p><b>1</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>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><b>4</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>  | <p><b>5</b></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 1:15-2:00PM</p>   | <p><b>6</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>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>7</b></p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL STRETCH CLASS 11:15-11:45 AM</p> <p>SL GYM TIME 1:15-2:00PM</p>       | <p><b>8</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>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><b>11</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p> | <p><b>12</b></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 AM</p> <p>SL GYM TIME 1:15-2:00PM</p> | <p><b>13</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>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>14</b></p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p> <p><i>Happy</i><br/><b>VALENTINE'S</b></p> | <p><b>15</b></p> <p>STRETCH AND STRENGTH<br/>7:00 - 7:30 AM<br/>7:45 - 8:15 AM<br/>8:30 - 9:00 AM</p> <p>AQUA AEROBICS 9-9:30 AM</p> <p>GENTLE AQUA 10-10:45 AM</p> <p>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>                  |

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|--|--|--|--|---|
| <b>18</b>  | <b>19</b>  | <b>27</b>  | <b>21</b>  | <b>22</b>   |
| STRETCH AND STRENGTH<br>7:00 - 7:30 AM<br>7:45 - 8:15 AM<br>8:30 - 9:00 AM | YOGA* (No Class) 7:30-8:30 AM<br>CIRCUIT TRAINING 7:45-8:15 AM<br>DANCE AEROBICS* 8:30-9:15 AM | STRETCH AND STRENGTH<br>7:00 - 7:30 AM<br>7:45 - 8:15 AM<br>8:30 - 9:00 AM | CIRCUIT TRAINING 7:45-8:15 AM<br>AQUA AEROBICS 9:00-9:30 AM<br>SL STRETCH CLASS 11:15-11:45 AM | STRETCH AND STRENGTH<br>7:00 - 7:30 AM<br>7:45 - 8:15 AM<br>8:30 - 9:00 AM<br>AQUA AEROBICS (No Class) 9:00-9:30 AM |
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| FLEX AND CORE 10-11 AM<br>SEATED STRENGTH 1:45-2:15 PM                     |  | SEATED STRENGTH 1:45-2:15 PM   |  | SEATED STRENGTH 1:45-2:15 PM  |
| <b>25</b>  | <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>1</b>  |
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| FLEX AND CORE 10-11 AM<br>SEATED STRENGTH 1:45-2:15 PM                     | SL GYM TIME 1:15-2:00PM  | SEATED STRENGTH 1:45-2:15 PM   |  |   |

**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