



WELLNESS CALENDAR

APRIL 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM <i>APRIL FOOL'S DAY!</i></p>	<p>2</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 (No Class) 9:00-9:30</p> <p>SL2 STRETCH CLASS 11:30-12:00 PM</p>	<p>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>SEATED STRENGTH 1:45-2:15 PM</p>	<p>4</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p>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>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p>8</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>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p>9</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>SL2 STRETCH CLASS 11:30-12:00 PM</p>	<p>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>SEATED STRENGTH 1:45-2:15 PM</p>	<p>11</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p>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>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p>15</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>16</p> <p>YOGA* 7:30-8:30 AM</p> <p>DANCE AEROBICS* 8:30-9:15 AM</p> <p>FITNESS TESTING Please call x3779 to schedule your 20 minute appointment</p>	<p>17</p> <p>FITNESS TESTING Please call x3779 to schedule your 20 minute appointment</p>	<p>18</p> <p>FITNESS TESTING Please call x3779 to schedule your 20 minute appointment</p>	<p>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>

FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	No Classes* *Yoga and Dance Aerobics will take place at normal times	No Classes	No Classes	FLEX AND CORE (No Class) 10-11 AM SEATED STRENGTH 1:45-2:15 PM
Monday	Tuesday	Wednesday	Thursday	Friday
22 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 FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	23 YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM AQUA AEROBICS 9:00-9:30 AM	24 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 SEATED STRENGTH 1:45-2:15 PM	25 CIRCUIT TRAINING 7:45-8:15 AM AQUA AEROBICS 9:00-9:30 AM SL GYM TIME 1:15-2:00 PM *Spa closed all day / Pool closed at 2pm	26 STRETCH AND STRENGTH 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 10-10:45 AM FLEX AND CORE 9:15-10 AM SEATED STRENGTH 1:45-2:15 PM
29 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 FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	30 YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM AQUA AEROBICS 9:00-9:30 AM SL2 STRETCH CLASS 11:30-12:00 PM	1	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	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

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

Flex 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