



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
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	YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM SL GYM TIME 1:15-2:00 PM	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	CIRCUIT TRAINING 7:45-8:15 AM AQUA AEROBICS 9-9:30 AM SL GYM TIME 1:15-2:00 PM	STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM (No Class) AQUA AEROBICS (No Class) 9-9:30 AM GENTLE AQUA 10-10:45 AM FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM
10	11	12	13	14
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 (No Class) 10-10:45 AM FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM SL GYM TIME 1:15-2:00 PM	STRETCH AND STRENGTH (No Class) 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45AM SEATED STRENGTH 1:45-2:15 PM	CIRCUIT TRAINING 7:45-8:15 AM SL GYM TIME 1:15-2:00 PM	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 10-10:30 AM FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM
17	18	19	20	21
STRETCH AND STRENGTH 7:00 - 7:30 AM (No Class) 8:30 - 9:00 AM AQUA AEROBICS (No Class) 9-9:30 AM GENTLE AQUA 10-10:30 AM FLEX AND CORE (No Class) 10-11 AM SEATED STRENGTH 1:45-2:15 PM	YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM SL GYM TIME 1:15-2:00 PM	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 10-10:30 AM SEATED STRENGTH 1:45-2:15 PM	CIRCUIT TRAINING 7:45-8:15 AM AQUA AEROBICS 9-9:30 AM SL GYM TIME 1:15-2:00 PM	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 10-10:30 AM FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	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 10-10:30 AM FLEX AND CORE 10-11 AM SEATED STRENGTH 1:45-2:15 PM	YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM SL GYM TIME 1:15-2:00 PM	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 10-10:30 AM SEATED STRENGTH 1:45-2:15 PM	CIRCUIT TRAINING 7:45-8:15 AM SL GYM TIME 1:15-2:00 PM *Spa closed all day / Pool closed at 2pm	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 10-10:30 AM FLEX AND CORE 9:15-10:00 AM SEATED STRENGTH 1:45-2:15 PM
1	2	3	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. 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