

August 2019

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Supervised Gym Monday-Friday 10 am-12 pm</p> <p>Supported Living Gym Tuesday/Thursday 1:15 pm -2 pm</p> <p>Supervised Swim T/TH 8:15 am – 9 am</p> <p>Please call Wellness Staff to schedule time outside above hours x3779</p>	<p>GYM OPEN 24/7</p> <p>POOL HOURS 6 AM- 9 PM*</p> <p>*Last Thursday of the month Spa closed all day. Pool closed at 2pm for cleaning</p>		<p>1</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p>	<p>2</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 No Class</p> <p>SEATED STRENGTH 1:45-2:15 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 10-10:30 AM</p> <p>FLEX AND CORE No Class</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p>6</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>7</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 10-10:30 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p>8</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p>	<p>9</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 10-10:30 AM</p> <p>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 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 10-10:30 AM</p> <p>FLEX. AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p>13</p> <p>YOGA* 7:30-8:30 AM</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>AQUA AEROBICS 9:00-9:30 AM</p>	<p>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 10-10:30 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p>15</p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p>	<p>16</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 10-10:30 AM</p> <p>FLEX AND CORE 10-11 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>

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19	20	21	22	23
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FLEX AND CORE 10-11 AM				FLEX AND CORE 10-11 AM
SEATED STRENGTH 1:45-2:15 PM		SEATED STRENGTH 1:45-2:15 PM		SEATED STRENGTH 1:45-2:15 PM
26	27	28	29	30
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GENTLE AQUA No Class		GENTLE AQUA 10-10:30 AM		GENTLE AQUA 10-10:30 AM
FLEX AND CORE 10-11 AM			*Spa closed all day. Pool closed at 2pm for cleaning	FLEX AND CORE 9:15-10:00 AM
SEATED STRENGTH 1:45-2:15 PM		SEATED STRENGTH 1:45-2:15 PM		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 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