


# JANUARY 2020

# WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Supervised Gym M-F 10 am-12 pm</p> <p>Supported Living Gym T/Th 1:15 pm -2 pm</p> <p>Supervised Pool T/TH 8:15 am- 9:15 am</p> <p>Please call Wellness Staff to schedule time outside above hours x3779</p>	<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 style="text-align: center;"><b>1</b></p> <div style="text-align: center;">  <p>HAPPY NEW YEAR <b>2020</b></p> </div> <p style="text-align: center;">(No Classes)</p>	<p style="text-align: center;"><b>2</b></p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: center;"><b>3</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>FLEX AND CORE 9:50-10:50 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p style="text-align: right;"><b>6</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>FLEX AND CORE 9:50-10:50 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;"><b>7</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>SL STRETCH CLASS 11:15-11:45 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: center;"><b>8</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 style="text-align: center;"><b>9</b></p> <p>CIRCUIT TRAINING 7:45-8:15 AM</p> <p>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: center;"><b>10</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>FLEX AND CORE 9:50-10:50 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>
<p style="text-align: right;"><b>13</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>FLEX. AND CORE 9:50-10:50 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>	<p style="text-align: right;"><b>14</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>SL GYM TIME 1:15-2:00 PM</p>	<p style="text-align: center;"><b>15</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 style="text-align: center;"><b>16</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 1:15-2:00 PM</p>	<p style="text-align: center;"><b>17</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>FLEX AND CORE 9:50-10:50 AM</p> <p>SEATED STRENGTH 1:45-2:15 PM</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM	YOGA* 7:30-8:30 AM CIRCUIT TRAINING 7:45-8:15 AM DANCE AEROBICS* 8:30-9:15 AM SL STRETCH CLASS 11:15-11:45 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	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 10-10:45 AM	AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM	AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM		AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM
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<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
STRETCH AND STRENGTH 7:00 - 7:30 AM 7:45 - 8:15 AM 8:30 - 9:00 AM	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	CIRCUIT TRAINING 7:45-8:15 AM SL GYM TIME 1:15-2:00 PM	STRETCH AND STRENGTH 7:00 - 7:30 AM (No Class) 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 9:50- 10:50 AM		AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM		AQUA AEROBICS 9-9:30 AM GENTLE AQUA 10-10:45 AM
SEATED STRENGTH 1:45-2:15 PM		SEATED STRENGTH 1:45-2:15 PM		FLEX. AND CORE 9:50-10:50 AM 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**