

# Wellness Class Schedule



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Yogalates</b> 8:45-9:15am	<b>Open Swim</b> 8:00-9:00am	<b>Yoga</b> 8:45-9:15am	<b>Open Swim</b> 8:00-9:00am	<b>Yoga</b> 8:45-9:15am
<b>Balance</b> 10:30-11:00am	<b>Take Care</b> 10:00-10:20am	<b>Balance</b> 10:30-11:00am	<b>Take Care</b> 10:00-10:20am	<b>Balance</b> 10:30-11:00am
<b>Commons Strength</b> (Neighborhood #4 AL) 10:30-11:00am				
<b>Open gym</b> 11:00am-12:00pm	<b>Open Gym</b> 11:00am-12:00pm	<b>Open Gym</b> 11:00am-12:00pm	<b>Open Gym</b> 11:00am-12:00pm	<b>Open Gym</b> 11:00am-12:00pm
<b>Silver Strength</b> 1:00-1:30pm	<b>Pilates</b> 1:00-1:30pm	<b>Strength Circuit</b> 1:00-1:30pm	<b>Pilates</b> 1:00-1:30pm	<b>Silver Strength</b> 1:00-1:30pm
<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm	<b>Open Swim</b> 2:00-3:00pm	<b>Commons Strength</b> (Neighborhood #2 AL) 1:45-2:15pm	<b>Open Swim</b> 2:00-3:00pm
<b>Making Waves</b> 2:45-3:15pm		<b>Making Waves</b> 2:45-3:15pm	<b>Open Swim</b> 2:00-3:00pm	<b>Making Waves</b> 2:45-3:15pm
<b>Silver Dance</b> 3:30-4:00pm	<b>Moving to Music</b> 3:30-4:00pm	<b>Silver Dance</b> 3:30-4:00pm	<b>Moving to Music</b> 3:30-4:00pm	
	<b>Tai Chi</b> 4:00-4:30pm		<b>Yoga</b> 4:00-4:30pm	

# Class Descriptions

**Yoga**– Yoga inspired movements that target flexibility, balance, and strength.

**Yogalates**– Yoga and pilates inspired movements to target deep breathing, strength, and balance

**Balance**– Class designed to address all aspects of balance such as, foot and ankle range of motion, leg strength, posture, and gait.

**Silver Strength** - Class utilizing resistance bands, balls, and weights to increase overall muscular strength.

**Strength Circuit**– Strength exercises utilizing resistance bands, balls, and weights performed in a rotating circuit to increase overall strength.

**Pilates**- 30 minutes of core (back and belly) muscle exercises.

**Open Swim**- Pool is open with a lifeguard present. No buddy required

**Making Waves**– Pool aerobics class that focuses on overall body strength and aerobic capacity.

**Open Gym**- Open wellness center with a staff member present to help those who need assistance.

**Take Care**- Class designed for Care Center residents.

**Tai Chi**- Class focused on balance on range of motion. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Silver Dance**– Dance and aerobics moves choreographed to fun and uplifting music. Have fun while dancing! No experience required!

**Moving to Music**– Aerobics moves performed from a chair and standing position. All are welcome. No experience required!

**Stretch and Strength**– Gentle class that involves strength and flexibility training on a mat. Participants who utilize a mat must have the ability to get down and up from the floor independently .

**Commons Strength**– Class designed to target strength and balance training for residents in assisted living.

***\*Making Waves classes are held in the pool.***

***\*Commons Strength is held in neighborhood #4 on the third floor of assisted living on Mondays and in neighborhood # 2 on the second floor of assisted living on Thursdays.***

***All other classes take place in the aerobics studio unless otherwise specified.***