

SAMPLE WELLNESS CALENDAR



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9 a.m.	Personal Training	9:15 a.m.	Arthritis Foundation Exercise	8:30 a.m.	Personal Training	9:15 a.m.	Arthritis Foundation Exercise	9 a.m.	Personal Training
10:30 a.m.	Pet Therapy	10 a.m.	Strength & Balance	1 p.m.	Personal Training	10 a.m.	Strength & Balance	10 a.m.	Strength & Balance
1 p.m.	Personal Training	10:45 a.m.	Wellness with Erica	2 p.m.	Weights	1 p.m.	Personal Training	10:45 a.m.	Wellness with Erica
2 p.m.	Weights	11 a.m.	Dancing Stars	2:30 p.m.	Personal Training	2 p.m.	Prime Movers	2 p.m.	Weights
2:30 p.m.	Personal Training	1 p.m.	Personal Training	3 p.m.	Wellness with Erica				
		2 p.m.	Prime Movers						

CLASS DESCRIPTIONS

Strength & Balance is ideal for those who would like to improve and maintain their balance training. Flexibility, posture, core stability, strength, balance, mobility and cardiorespiratory endurance will be targeted during our balance training sessions.

Prime Movers accommodates all levels of ability to improve your flexibility, range of motion, endurance, and muscle tone. Classes provide a relaxed learning/exercise environment.

Arthritis Foundation Exercise is a chair class that includes gentle range-of-motion exercises suitable for every fitness level. Designed to reduce pain and stiffness.

Personal Training provides customized exercise instruction and oversight. Personal Training allows you to target the areas you want to strengthen and improve, while providing safe and appropriate ways to accomplish your goals.

Remember... All exercises can be modified to suit your comfort/ability level!