

SAMPLE WELLNESS CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m. Personal Training	9:30 a.m. Balance & Strength	8:30 a.m. Simple Weights	9 a.m. Wii Bowling or Wii Golf	8:30 a.m. Personal Training
9:30 a.m. Exercise DVD	10 a.m. Chair Exercise	9:30 a.m. Seated Strength	9:30 a.m. Chair Exercise	9:30 a.m. Chair Exercise
11:30 a.m. Walking Group	11:30 a.m. Functional Maintenance	11:30 a.m. Mat Class	11:30 a.m. Mabry Exercise	11 a.m. Olympic Practice
2 p.m. Chair Exercise	2 p.m. Gentle Motion	2 p.m. Balance Training	2 p.m. Machine Motivation	2 p.m. Meditation

CLASS DESCRIPTIONS

Chair Exercise and **Seated Strength** accommodate all levels of ability. These classes are designed to improve your flexibility, range of motion, endurance, and muscle tone. Classes provide a relaxed learning/exercise environment.

Balance & Strength 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.

Exercise DVD is a group exercise video that is light on stress but heavy on results. Exercise your body for strength, balance and even cognitive fitness while concentrating on upper body, core and legs. Seated and standing exercises use free arm movement, speed work and ball exercises.

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!