

# SAMPLE WELLNESS CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
9 a.m.	<b>Senior Style Exercise Video</b>	9 a.m.	<b>Senior Style Exercise Video</b>	9 a.m.	<b>Senior Style Exercise Video</b>	9 a.m.	<b>Senior Style Exercise Video</b>	8 a.m.	<b>Pickleball</b>	9 a.m.	<b>Senior Style Exercise Video</b>
11 a.m.	<b>Better Balance</b>	9:30 a.m.	<b>Water Exercise</b>	11 a.m.	<b>Better Balance</b>	9:30 a.m.	<b>Water Exercise</b>	9 a.m.	<b>Senior Style Exercise Video</b>	9:30 a.m.	<b>Water Exercise</b>
2 p.m.	<b>Arthritis Exercise</b>	10:45 a.m.	<b>Better Balance Class</b>	2 p.m.	<b>Arthritis Exercise</b>	1 p.m.	<b>Wii Bowling</b>	11 a.m.	<b>Better Balance</b>	1 p.m.	<b>Wii Bowling</b>
2:30 p.m.	<b>Limber &amp; Lengthen</b>	1 p.m.	<b>Wii Bowling</b>	2:30 p.m.	<b>Limber &amp; Lengthen</b>	2 p.m.	<b>Maintain Exercise Video</b>	2 p.m.	<b>Chair Chi</b>		
		2 p.m.	<b>Maintain Exercise Video</b>								

## CLASS DESCRIPTIONS

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

**Maintain** increases cardiovascular fitness, musculoskeletal strength, balance, posture, and flexibility; combining low impact aerobics and resistance tools to improve skill-related components.

**Limber & Lengthen** – approached from a Christian, athletic and mind-body-perspective – includes traditional yoga poses to help lengthen, strengthen and stretch every muscle group while promoting relaxation. Class will help improve your flexibility, balance, and promote lean muscle and is a unique mix of Yoga, Tai

Chi, and Pilates. The first half is performed in chairs and the second half is on yoga mats.

**Better 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.

**Chair Chi** is a gentle exercise video to help people receive the benefits of traditional Tai Chi in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance (walker, wheelchair, movement disorder) to participate and benefit from better balance, flexibility, range of motion, strength, energy, pain relief, tranquility, stress reduction, and peace of mind.

**Senior Style Exercise Video** 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.

**Water Exercise** is safe and effective for those with arthritis, posture and balance problems, orthopedic or neuro-muscular conditions, or back pain. Water walking, muscle strengthening, stretching, and range of motion exercises are done in shallow water and you can keep your head out of the water. Being a strong swimmer is not required.

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