

# SAMPLE WELLNESS CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:30 a.m.	<b>Co-Ed Exercise</b>	9 a.m.	<b>Well Rounded</b>	9:30 a.m.	<b>Co-Ed Exercise</b>	9 a.m.	<b>Well Rounded</b>	9:30 a.m.	<b>Co-Ed Exercise</b>
10 a.m.	<b>Water Aerobics</b>	10 a.m.- Noon	<b>Functional Maintenance</b>	10 a.m.	<b>Water Aerobics</b>	10 a.m.- Noon	<b>Functional Maintenance</b>	10 a.m.	<b>Water Aerobics</b>
10:30 a.m.- 12:30 p.m.	<b>Functional Maintenance</b>	1 p.m.	<b>Balloon Volleyball</b>	10:30 a.m.- 12:30 p.m.	<b>Functional Maintenance</b>	1 p.m.	<b>Healthcare Activity</b>	10:30 a.m.- 12:30 p.m.	<b>Functional Maintenance</b>
1:30 p.m.	<b>Seated Strength</b>	2:15 p.m.	<b>Balanced Chi</b>	1:30 p.m.	<b>Seated Strength</b>	2:15 p.m.	<b>Balanced Chi</b>	1:30 p.m.	<b>Seated Strength</b>
2:15 p.m.	<b>Prime Movers</b>	2:45 p.m.	<b>Gentle Yoga and Meditation</b>	2:15 p.m.	<b>Prime Movers</b>	2:45 p.m.	<b>Gentle Yoga and Meditation</b>	2:15 p.m.	<b>Prime Movers</b>
2:40 p.m.	<b>Personal Training/ Nu-Step Supervision</b>	3:15 p.m.	<b>Personal Training/ Nu-Step Supervision</b>	2:40 p.m.	<b>Personal Training/ Nu-Step Supervision</b>	3:15 p.m.	<b>Personal Training/ Nu-Step Supervision</b>	2:40 p.m.	<b>Personal Training/ Nu-Step Supervision</b>
2:45 p.m.	<b>Wii Bowling</b>			2:45 p.m.	<b>Wii Bowling</b>			2:45 p.m.	<b>Wii Bowling</b>

## CLASS DESCRIPTIONS

**Co-Ed Exercise** combines light weight conditioning, flexibility, and balance with sitting and standing exercises to work all the muscles of the body.

**Water Aerobics** builds muscle tone and strength, improves range of motion, and relieves tension. It is the easiest exercise on your joints and the most rewarding for older adults. Water Aerobics takes place in our indoor heated pool/whirlpool in a depth ranging from 3 ½ to 4 ½ feet deep, allowing each resident to decide

what pool depth is appropriate. You must be able to swim and walk independently and safely in and out of the pool.

**Seated Strength** and **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.

**Well Rounded** uses very light weight exercise balls and focuses on improving range of motion, coordination, and muscle tone.

**Balanced Chi** focuses on the specific muscle groups that we use while walking and getting up and down from a seated position. Participation in this class will aid in the improvement of flexibility, range of motion, muscular tone, and walking with confidence.

**Gentle Yoga and Meditation** helps improve range of motion as well as concentration. This class is also offered outdoors (weather permitting).

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