

AVAILABLE FOR ALL RESIDENTS & EMPLOYEES

# Circuit Training

SELF-GUIDED CIRCUIT TRAINING -  
WORKOUT WITH FRIENDS OR BY YOURSELF!

SIMPLE MOVEMENT WITH BIG IMPACT

NEW WORKOUTS EVERY WEEK

STRENGTH

FLEXIBILITY

BALANCE/  
STABILITY

OPEN AT 4:00PM EVERY  
TUESDAY & THURSDAY

LAKESIDE ESSENCE ROOM  
OAKSIDE WELLNESS ROOM

## Want to workout on your own but aren't sure where to start?

The Wellness Department has created a Circuit Training workout available for all Residents and Employees every Tuesday and Thursday beginning at 4:00pm. Come and work out on your own or meet up with friends and co-workers! The stations will be set up with simple instructions.

Wellness Staff will NOT be present during these workouts, but we can answer questions and make sure your form is correct at our Ask A Trainer events every Wednesday from 12-1pm at Lakeside Gym & Thursdays from 11:30am-12:30pm at Oakside Gym.