

FEBRUARY WELLNESS CLASSES *Weekly Schedule*

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CIRCUIT TRAINING AVAILABLE 24/7 AT BOTH GYMS							
8:00-9:00			Touch Tennis - LS Behind Springwater				Touch Tennis - LS Behind Springwater
8:15-8:45		Strong & Steady - WC/GEX	Walking Club - Lodge (WEAR RED)	Strong & Steady - WC/GEX	Walking Club - LS (WEAR RED)	Strong & Steady - WC/GEX	
9:00-9:30		Functional & Fit - WC/GEX		Functional & Fit - WC/GEX		Functional & Fit - WC/GEX	Tai Chi - Adv. Beg/Intermediate - WC/GEX (45 min)
9:15-9:45			Pilates - ER				
9:45-10:15			Water Fitness - OS Pool		Water Fitness - OS Pool <i>(cancelled 2/26)</i>		
10:00- 10:45				Seated Stretch - ER (30 min)		Water in Motion - LS Pool	Tai Chi - Back to Basics/Beginner - WC/GEX
10:30-11:30		Exercisin' with Therapy - ER	Transformational Yoga - WC/GEX <i>(cancelled 2/3)</i>		Transformational Yoga - WC/GEX		
11:00-11:45			Bone Builders - ER		Bone Builders - ER <i>(start at 11:15am 2/26)</i>		Line Dancing - WC/GEX <i>(cancelled 2/14 & 2/21)</i>
11:30-12:30					ASK A TRAINER		
12:00-1:00				ASK A TRAINER			
1:00-1:45			Sit & Be Fit - WC/GEX (30 min)	Exercisin' with Therapy - WC/GEX	Sit & Be Fit - WC/GEX (30 min) <i>(cancelled 2/26)</i>	Water Volleyball - LS Pool	
1:30-2:15		Stretch - ER (30 min)	Tai Chi - ER				
2:00-3:00	Water Volleyball - LS Pool					Meditation - Chapel	
3:00-4:00					Ping Pong - ER		

Brought to you by the Wellness Department
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IMPORTANT DATES:

- Heart Month - Walking Club wear RED this month
- 2/14 - Valentine's Day
- 2/21 - National Caregivers Day
- 2/26 - Wellness Clinic: 9-11am Essence Room, 1-3pm Oaks Exercise Room

WC/GEX- Oakside Group Exercise Room
ER- Lakeside Essence Lounge

ASK A TRAINER:

- Need help knowing how to use a machine? Want to check your form and make sure you are moving safely? Need a modification for an exercise? Want to get workout tips and support? Ask a Certified Trainer from the Wellness Department.

BONE BUILDERS:

- Resident led fitness class focusing on strength, balance and osteoporosis prevention. All ability levels are welcome. Most exercises are performed seated and equipment is provided.

CIRCUIT TRAINING:

- Self-guided training with little to no rest between sets. After completing one entire circuit, you take a short rest and repeat the circuit 1-2 more times.

EXERCISIN' WITH THERAPY:

- Seated class that uses movements and detailed guidance to help you better understand your breath, balance and overall health. Some moves may be performed standing. Led by our outpatient physical therapist.

FUNCTIONAL & FIT:

- 30-minute strength & cardio class utilizing various equipment. Functional movements and balance training. Optional seated or standing for all ability levels. Equipment provided. Class is limited to 15 participants sign-up under "Sports" in Oakside activity book.

LINE DANCING:

- Learn basic line dance steps as well as more advanced steps. The class begins with the easier dances and progresses to those that are more challenging. Some dance moves may be modified to accommodate less able dancers. Each dance is reviewed before starting the music. As needed, every step is called out by the instructor.

MAT PILATES:

- Mat Pilates is great for the entire body and focuses on core strength, flexibility, posture and mental well-being. This class is suitable for all levels who are able to get on the floor. Modifications will be introduced and demonstrated during class. Class is limited to 12 participants sign-up under "Sports" in Lakeside activity book.

MEDITATION:

- 5 minutes of tips, 8 minutes guided, and 40 minutes silent meditation. Come and go as you please. Email paulatoth@outlook.com to join the group email list and start in-home practice: links to announcements, articles, guided meditations.

PING PONG:

- A fun indoor game of table tennis led by residents of Waterman Village.

SEATED STRETCH:

- Seated flow incorporates gentle movements in a seated position to help with stretching, range of motion and flexibility, ending with meditation.

SIT & BE FIT:

- Movements to help improve daily functional movement patterns, cardiovascular endurance and strength in a fun and creative environment. Class is seated but participants may stand if desired, great for all ability levels.

STRETCH:

- Gentle stretching that incorporates slow movements encouraging flexibility performed on the floor with a yoga mat. Equipment available.

STRONG & STEADY:

- 30-minute cardiovascular, strength & balance class. Optional seated or standing for all ability levels. Equipment provided. Class is limited to 15 participants sign-up under "Sports" in Oakside activity book.

TAI CHI:

- Resident led Yang & Chen style Tai Chi for all ability levels. Utilizes slow, mindful movements to help improve balance and strength. Has also shown to benefit the symptoms of Parkinson's.

TOUCH TENNIS:

- Resident led activity derived from traditional lawn tennis but played on a smaller court with foam balls and shorter rackets. Great for players of all ages and abilities! Equipment provided.

TRANSFORMATIONAL YOGA:

- This 1-hour class focuses on gentle movements to help release muscle tension, improve range of motion of the joints, increase mind-body connection and mental relaxation. All residents can participate at their own ability level with chair and mat options at each class. The instructor will give direction for all yoga levels.

WALKING CLUB:

- Join us on our community walking trails. Walk at your own pace, come and go as you please. Meet The Lodge entrance on Tuesdays and in front of the pool at Lakeside on Thursdays. Residents can join in anytime. Pets welcome. (Weather permitting)

WATER FITNESS:

- 30-minute water fitness class held at the Oakside pool uses pool noodles and/or water dumbbells along with functional and cardio training. Shallow and Deep Water combinations may be utilized. All ability levels welcome. (Weather Permitting, no class if air temperature is below 65-degrees at class start time.)

WATER IN MOTION:

- 45-minute water class at the Lakeside pool that focuses on endurance and strength. All ability levels are welcome, no equipment needed. Participants should feel comfortable in chest level water. (Weather Permitting, no class if air temperature is below 65-degrees at class start time.)

WATER VOLLEYBALL:

- Join your fellow residents for Water Volleyball at the Lakeside Pool. No experience necessary. Recreational and fun. This class is resident-led. Class cancellations are at the discretion of the residents.