

# JANUARY WELLNESS CLASSES

Weekly Schedule



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Strong & Steady - WC/GEX	*Walking Club - LS (cancelled 1/1)	Strong & Steady - WC/GEX	
9:00-9:30		Functional & Fit - WC/GEX		Functional & Fit - WC/GEX		Functional & Fit - WC/GEX	
9:15-10:15			Pilates - ER (30 min)		Seated Yoga - WC/GEX (cancelled 1/1)		Tai Chi - Adv. Beg/Intermediate - WC/GEX (45 min)
10:00-10:45			Water Fitness - OS Pool (30 min)	Seated Flow/Stretch - ER	Water Fitness - OS Pool (30 min) (cancelled 1/1 & 1/15)	Water in Motion - LS Pool	Tai Chi - Back to Basics/Beginner - WC/GEX
10:30-11:15		Exercisin' with Therapy - ER			Combo Yoga - WC/GEX (cancelled 1/1)		
11:00-11:45			Bone Builders - ER		Bone Builders - ER (cancelled 1/1)		Line Dancing - WC/GEX
11:30-12:30					ASK A TRAINER (cancelled 1/1)		
12:00-1:00				ASK A TRAINER			
1:00-1:45			Sit & Be Fit - WC/GEX	Exercisin' with Therapy - WC/GEX	Sit & Be Fit - WC/GEX (cancelled 1/1)	Water Volleyball - LS Pool	
1:30-2:15		Stretch - ER (30 minutes)	Tai Chi - ER				
2:00-3:00	Water Volleyball - LS Pool					Meditation - Chapel	
3:00-4:00					Ping Pong - ER (canceled 1/1)		
4:00			Circuit Training (4pm - 7am Wed) WC/GEX & ER		Circuit Training (4pm - 7am Fri) WC/GEX & ER		

Brought to you by the Wellness Department  
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**IMPORTANT DATES:**

- New Year's Day 1/1 - NO CLASSES
- Thursday 1/15 - JAVA Social, Lakeside Sports Bar
- Wednesday 1/28 - Blood Drive, Lakeside

WC/GEX- Oakeside Group Exercise Room  
 ER- Lakeside Essence Lounge  
 \* = Pop-Up Class (will change in March)

UPDATED 12.26.25

## **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 where you can work out at each station, do a few exercises and move on to the next station. Stations will be set up for strength, flexibility and balance/stability.

## **COMBO YOGA:**

- Gentle form of Hatha Yoga may be modified for any ability level forms performed on the floor can be modified to a chair. Led by a certified Yoga Instructor.

## **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 FLOW:**

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

## **SEATED YOGA:**

- Seated Yoga is a gentle form of yoga you can safely do from a chair. The class is perfect for every body type and a great way to relax from head to toe! Enjoy the benefits of Yoga in a safe, fun and relaxing environment. Led by a certified Yoga Instructor.

## **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.

## **WALKING CLUB:**

- Join us on our community walking trails. Walk at your own pace, come and go as you please. We will 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 and will still meet if the weather is below 65-degrees.