

# JULY 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 (CANCELLED DURING SUMMER)	Strong & Steady - WC/GEX	Walking Club - LS (CANCELLED DURING SUMMER)	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 (7/28: 9:00-9:30)		Chair Yoga - WC/GEX (45 min)		
9:45-10:15			Water Fitness - OS Pool		Water Fitness - OS Pool (CANCELLED 7/16* Join us at our Java Social!)		
10:00-10:45				Seated Stretch - ER (30 min)		Water in Motion - LS Pool (7/3 & 7/31: 30 min)	Tai Chi - Back to Basics/Beginner - WC/GEX
10:30-11:30		Exercisin' with Therapy - ER	Combo Yoga - WC/GEX	Supported Tai Chi - WC/GEX (45 min)			
11:00-11:45			Bone Builders - ER		Bone Builders - ER		Line Dancing - WC/GEX
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)	Water Volleyball - LS Pool	
1:30-2:15		Stretch - ER (30 min)	Tai Chi - ER (CANCELLED 7/28)				
2:00-3:00	Water Volleyball - LS Pool					Meditation - Chapel	
3:00-4:00					Ping Pong - ER		

### Wellness Department

Tracy Harris, Director; Kelly Wade, Assistant  
352-383-0051 Ext. 304

Thursday, 7/17 \*9:30am JAVA SOCIAL 9:30am Lakeside  
MPR:

- Aging Strong: Simple Exercises to Move Better, Feel Better, Live Better

WC/GEX- Oaks 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.

## **CHAIR YOGA:**

- Chair 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.

## **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 an 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 Oaksides 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. Resident led.

## **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 11 residents, 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 class that 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 Oaksides activity book.

## **SUPPORTED TAI CHI:**

- A gentle movement class designed for residents with limited mobility, balance concerns, or neurological conditions like Parkinson's. Our resident instructors will guide you through class with slow controlled movements that can be done seated or with support.

## **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 - CANCELLED DURING SUMMER MONTHS:**

- Join our fellow residents 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 Oaksides 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.