

NOVEMBER WELLNESS CLASSES *Weekly Schedule*



TIME	SUNDAY	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-8:45		Strong & Steady - WC/GEX		*Walking Club - Lodge	Strong & Steady - WC/GEX	*Walking Club - LS (cancelled 11/27)	Strong & Steady - WC/GEX (cancelled 11/28)	
9:00-9:30		Functional & Fit - WC/GEX			Functional & Fit - WC/GEX	Tai Chi - ER (cancelled 11/27)	Functional & Fit - WC/GEX (cancelled 11/28)	
9:15-10:15						Seated Yoga - WC/GEX (cancelled 11/27)		
10:00-10:45				Water Fitness - OS Pool	Seated Flow/Stretch - ER	Water Fitness - OS Pool (cancelled 11/27)	Water in Motion - LS Pool (cancelled 11/28)	Tai Chi - Back to Basics - WC/GEX
10:30-11:15		Exercisin' with Therapy - ER		Combo Yoga - WC/GEX		Combo Yoga - WC/GEX (cancelled 11/27)		
11:00-11:45				Bone Builders - ER		Bone Builders - ER (cancelled 11/27)		Line Dancing - WC/GEX
1:00-1:45				Sit & Be Fit - WC/GEX	Exercisin' with Therapy - WC/GEX	Sit & Be Fit - WC/GEX (cancelled 11/6 & 11/27)	Water Volleyball - LS Pool	
1:30-2:15		Yoga Stretch - ER		Tai Chi - ER				
2:00-3:00							Meditation - Chapel	
3:00-4:00						Ping Pong - ER		
6:00-7:00				Water Volleyball - LS Pool				

Brought to you by the Wellness Department

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IMPORTANT DATES:

- Poker Run 11/6 Lakeside Sports Bar
- OneBlood Blood Drive 11/12 Oakside
- 11/27 no classes - Happy Thanksgiving
- 11/28 limited classes

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

* = Pop-Up Class (will change in March)

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.

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.

EXERCISING 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.

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:

- 30-minute fitness class that uses 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.

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.

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.

YOGA STRETCH & FLEX(IBILITY):

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