

SEPTEMBER WELLNESS CLASSES

Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00	Courts Open 8am-dusk	Pickleball (Reserved Play 8am-10am) Open Play 10am	Touch Tennis (Reserved Play 8am-10am) Open Play 10am	Pickleball (Reserved Play 8am-10am) Open Play 10am	Touch Tennis (Reserved Play 8am-10am) Open Play 10am	Pickleball (Reserved Play 8am-10am) Open Play 10am	Touch Tennis (Reserved Play 8am-10am) Open Play 10am
8:15-8:45		Strong & Steady - WC/GEX	Walking Club - Lodge (WILL RESUME IN OCTOBER)	Strong & Steady - WC/GEX	Walking Club - LS (WILL RESUME IN OCTOBER)	Strong & Steady - WC/GEX	
9:00-9:30		Functional & Fit - WC/GEX		Functional & Fit - WC/GEX	Chair Yoga - WC/GEX (45 min)	Functional & Fit - WC/GEX	Tai Chi - Adv. Beg/Intermediate - WC/GEX (45 min)
9:15-9:45			Pilates - ER				
10:00-10:45		Mat Stretch - ER (30 min)	Water Fitness - OS Pool (30 min)	Seated Stretch - ER (30 min)	Water Fitness - OS Pool (30 min)	Water in Motion - LS Pool	Tai Chi - Back to Basics/Beginner - WC/GEX
10:30-11:30			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)		Sit & Be Fit - WC/GEX (30 min)	Water Volleyball - LS Pool	
1:30-2:15			Tai Chi - ER				
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
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- **Monday, September 7th: NO CLASSES Labor Day**
- **Tuesday, September 29th: Blood Drive 11am-2pm, Lakeside**
 - **World Heart Day: Get your heart sticker when you donate blood or attend a class!**

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

PICKLEBALL/TOUCH TENNIS COURTS

- **RESERVED** M-Sa 8am-10am
- **OPEN PLAY** Daily 10am-dusk
Sunday 8am-dusk

CLASS INTENSITY LEVELS

- ♥ **MOVE:** seated, may include weights/equipment, optional levels for progression
- ♥♥ **ACTIVE:** seated and/or standing, moderate pace, progressive intensity levels
- ♥♥♥ **THRIVE:** standing or on the floor/mat, higher intensity, strength, endurance, and/or coordination

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.

♥♥♥ **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:**

- 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.

♥♥♥ **MAT STRETCH:**

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

♥ **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.

♥♥♥ **PICKLEBALL:**

- Paddle sport blending tennis, badminton, and table tennis, played indoors or outdoors on a badminton-sized court with a slightly lower net. Players use a solid paddle and a perforated plastic ball. Resident-led activity. Balls available.

♥♥ **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.

♥♥♥ **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.

♥ **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 - WILL RESUME IN OCTOBER:**

- 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/WATER IN MOTION:**

- 30-minute or 45-minute water fitness class using 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 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.