

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
2 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:30pm Aqua Zumba (P)* 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)	3 9:00am Walking Group (ML) 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:15pm Supervised Swim (P)	4 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:15am Stretch & Flow (B)* 10:45am Water Walking (P)* 1:00pm Tai Chi (CC-B)	5 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Ping Pong (B)	6 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)	1 / 7 10:00am Qigong (B) 11:00am Zumba Gold (B) 8 2:00pm Line Dancing(B)
9 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:30pm Aqua Zumba (P)* 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)	10 9:00am Walking Group (ML) 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:15pm Supervised Swim (P)	11 9:00am Endurance & Tone (CC-A) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (FCL)	12 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Bean Bag Baseball (B)	13 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 11:15am Golf (PG) 1:00pm Supervised Swim (P)	14 10:00am Qigong (B) 11:00am Zumba Gold (B) 15 2:00pm Line Dancing(B)
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Key: (B) Berkshire Room (CH #956) Highlands Television Network (CC) Cultural Center (FCL) Fitness Center Lobby (ML) Main Lounge (P) Pool (PG) Putting Green

LAND CLASSES

Benefits of Land Exercise: Functional exercise helps to maintain and improve performance and the quality of everyday activities. Each class allows for socialization and it's a great way to stay accountable to your exercise routine!

YOGA FLOW:	Improves stamina, flexibility, strength, breathe & mobility.
CARDIO & TONE:	Improves cardiovascular and muscle endurance.
ENDURANCE & FLOW:	Improves muscle endurance, balance, flexibility, and stamina.
STRENGTHEN & TONE:	Improves muscle strength and endurance
BALANCE & CONTROL:	Improves balance, coordination, and proprioception.
STRETCH & FLOW:	Improves flexibility and stamina
SEATED EXERCISES:	Improves flexibility, endurance, and posture.
ZUMBA GOLD:	Improves cardiovascular endurance, coordination, and flexibility.
LINE DANCING:	Improves coordination, balance, cardiorespiratory fitness.
WALKING GROUP:	Low Intensity, endurance, & Participants meet in the Main Lounge.
QIGONG:	Improves breathing, posture, balance, and mind/body awareness.
TAI CHI:	Improves mind/body connection, coordination, & flexibility.
BEAN BAG BASEBALL:	Improves hand-eye coordination and balance.
PING PONG:	Improves agility, hand-eye coordination, and proprioception.
WII BOWLING:	Improves coordination, agility, & friendly competition!

AQUATIC CLASSES

Benefits of Aquatic Exercise: Water buoyancy greatly reduces pressure on the joints. The water provides 9-12 times more resistance. Balance is more easily maintained in the pool. This is a great way for those with joint pain to move their bodies while finding a relief from pain!

AQUA TONE:	Low impact water aerobics performed at moderate intensity, cardiovascular endurance, muscular strength & flexibility, balance, socialization.
AQUA FIT:	Low impact cardiovascular and muscle endurance exercise designed to improve stamina, strength, mobility, and coordination
AQUA BALANCE:	Low impact, low intensity, strengthen stabilizers throughout the body, while improving flexibility, balance, and joint range of motion.
WATER WALKING:	Low intensity & impact, improves gait & posture, socialization.
SUPERVISED SWIM:	Supervision will be provided during designated time. No Buddy needed for swimming.

Fitness Center Supervision Hours

Monday:	8:00am to 9:00am and 11:00am to 12:00pm
Tuesday:	8:00am to 9:00am and 11:00am to 12:00pm
Wednesday:	8:00am to 9:00am and 11:00am to 12:00pm
Thursday:	8:00am to 9:00am and 11:00am to 12:00pm
Friday:	8:00am to 9:00am

Any questions regarding your current exercise routine or are interested in starting an exercise routine please call Jared Martz at 484-628-7705.