

POOL, LAND, AND OUTDOOR WELLNESS CLASSES

EFFECTIVE OCTOBER 1 – DECEMBER 31, 2018

POOL FITNESS CLASSES & OPEN SWIM						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:00 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
8:00 – 8:45 a.m.	POOL	Aqua Power	Lap/Open Swim	Aqua Power	Lap/Open Swim	Aqua Power
9:00 – 9:45 a.m.	POOL	Aqua Motion	Deep Water Cardio	Aqua Motion	Deep Water Cardio	Aqua Motion
10:00 – 10:45 a.m.	POOL	Shallow Water Walking	Lap/Open Swim	Shallow Water Walking	Lap/Open Swim	Shallow Water Walking
11:00 a.m. - Noon	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
Noon – 1:00 p.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
1:00 – 2:00 p.m.	POOL	Lap/Open Swim	Volleyball	Lap/Open Swim	Volleyball	Lap/Open Swim
2:15 – 3:00 p.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim UNTIL 4:00 p.m.	Lap/Open Swim	Lap/Open Swim
3:00 – 7:00 p.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>Employee Family Swim</i>	<i>CLOSED</i>	<i>CLOSED</i>
				<i>Night 5-7 p.m.</i> <i>(Last Wednesday of each month)</i>		
3 p.m. – 7:15 a.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
SATURDAY 9:00 a.m. – Noon	POOL	Saturday Lap/Open Swim <i>Resident Guests may swim anytime lap/open swim is available.</i>				

LAND FITNESS CLASSES						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 a.m.	FITNESS STUDIO	Strength and Endurance	Range of Motion and Balance	Strength and Endurance	Range of Motion and Balance	Cardio and Strength
10:00 – 10:30 a.m.	FITNESS STUDIO	Video Exercise SeniorStyle		Video Exercise SeniorStyle		Video Exercise SeniorStyle
10:00 – 10:30 a.m.	FITNESS CENTER	<i>Wellness Staffed</i>	<i>Wellness Staffed</i>	<i>Wellness Staffed</i>	<i>Wellness Staffed</i>	
10:30 – 11:00 a.m.	FITNESS CENTER	<i>Wellness Staffed</i>		<i>Wellness Staffed</i>		
10:30 – 11:00 a.m.	FITNESS STUDIO		Video Tai Chi		Video Tai Chi	
11:30 a.m. – Noon	FITNESS STUDIO			Meditation		
1:00 – 1:45 p.m.	FITNESS STUDIO	Chair Power and Balance For Beginners		Chair Power and Balance For Beginners		Chair Power and Balance For Beginners
2:00 – 2:30 p.m.	FITNESS STUDIO	Chair Yoga				
2:00 – 3:00 p.m.	FITNESS STUDIO			Line Dancing		

OUTDOOR FITNESS						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:30 a.m.	TENNIS COURT	Pickleball* lessons/play (OCT. only)				Pickleball* lessons/play (OCT. only)
10:30 – 11:30 a.m.	PLAZA		Corn Hole*		Bocce*	

Class descriptions on the back *PICKLEBALL, CORN HOLE, and BOCCE (WEATHER PERMITTING)

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POOL FITNESS CLASSES

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Aqua Power – Low impact movements with moderate to intense cardiovascular endurance and strength using pool equipment such as balls, noodles and barbells. Shallow water. Good for all skill levels.

Aqua Motion – Low impact movements focused on maintaining flexibility and joint range of motion. Pool equipment such as balls, noodles and barbells may also be used. Shallow water. Good for all skill levels.

Deep Water Cardio – Deep water class using belts, noodles, barbells and balls. Moderate intensity. Good for all skill levels.

Lap/Open Swim – Participants may swim laps or practice other aquatic exercises during this time. This time is not instructor led.

Shallow Water Walking – Traveling forwards, backwards and sideways to work on balance and cardiovascular endurance. Pool equipment such as balls, noodles and barbells may also be used. Good for all skill levels.

Volleyball – Join us for an afternoon of FUN! No experienced needed to play pool volleyball. All games played in shallow water. Volleyball is not instructor led.

LAND FITNESS CLASSES

Cardio and Strength – A combination of cardiovascular movement and strength training make this class a great way to start the day. Hand weights and other strengthening tools will be used.

Chair Balance and Power for Beginners – This class is a great way to improve your balance, stamina, coordination and strength. Hand weights are used. Good for beginner or intermediate exercisers.

Chair Yoga – Get the benefits of Yoga without getting on the floor. All poses done sitting or standing by a chair.

Line Dancing – Get your boot scooting boogie going as you dance! Led by an amazing group of residents!

Meditation – Learn how to focus, relax, and calm your mind. Class begins with a warm-up and is guided through meditation. Good for beginners or those experienced in meditation.

Range of Motion and Balance – Maintain or improve your ability to move each joint, balance and coordination. Balance will be challenged by using a variety of multi-directional movements. Good for all skill levels.

Strength and Endurance – Increase your strength, cardiovascular, and pulmonary endurance. Hand weights and other strengthening tools will be used. A variety of exercise styles, such as circuit training, plyometric movements or functional training, are incorporated. Good for experienced exercisers.

OUTDOOR FITNESS (weather permitting)

Bocce – Roll the ‘jack’ and see how close you can come to the jack or knock the opponent’s balls away. Good for all skill levels. Individuals are welcome to play. Teams are not required.

Corn Hole – Take turns tossing a bean bag for points. Individuals are welcome to play. Teams are not required.

Pickleball lessons/organized play – Play and learn the rules, scoring, and strategies of Pickleball.

VIDEO FITNESS CLASSES

Exercise SeniorStyle – 30 min. video. Cardiovascular exercise. No weights used. Good for beginner or intermediate exercisers.

Tai Chi – 30 min. video demonstrating Tai Chi techniques. Good for all skill levels. Tai Chi is good for balance, stress relief and mindful focus.

Wellness Staffed – Need a little help adjusting and setting the machines? During this time, a wellness team member is available to assist you with your workout.