

POOL & LAND WELLNESS CLASSES

EFFECTIVE JANUARY 2 – MARCH 31, 2019

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
8:30 – 9:15 a.m.	POOL	Aqua Fit	Lap/Open Swim	Aqua Fit	Lap/Open Swim	Aqua Fit
9:00 – 9:30 a.m.	POOL				Learn to Swim	Lap/Open Swim
9:00 – 9:45 a.m.	POOL	Lap/Open Swim	Deep Water Cardio	Lap/Open Swim		Lap/Open Swim
9:30 – 10:00 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Improve Your Strokes	Lap/Open Swim
10:00 – 10:45 a.m.	POOL	Water Walk and Conditioning	Lap/Open Swim	Water Walk and Conditioning	Lap/Open Swim	Water Walk and Conditioning
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 Stretch
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 STUDIO	<i>Wellness Staffed</i>		<i>Wellness Staffed</i>		
10:30 – 11:00 a.m.	FITNESS STUDIO	Chair Yoga			Tai Chi	
10:30 – 11:30 a.m.	FITNESS STUDIO		Corn Hole			
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 – 3:00 p.m.	FITNESS STUDIO			Line Dancing		

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Aqua Fit – Low impact movements focused on maintaining flexibility and joint range of motion. Moderate to intense cardiovascular endurance and strength using pool equipment such as balls, noodles and barbells. 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.

Learn to Swim/Improve Your Strokes - Learn how to swim or improve your swimming stroke! Instructor lead lessons. Stop in on any Thursday during each session for specific lessons.

Water Walk and Conditioning – A blend of stationary exercises and travels 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.

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Cardio and Stretch – A combination of cardiovascular movement and stretching make this class a great way to start the day.

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.

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

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.

Tai Chi – Instructor led, this class uses simple and gentle movements that can help with arthritis pain management, fall prevention, and relaxation. Good for beginners, no experience required.

VIDEO FITNESS CLASSES

Exercise SeniorStyle – 30 minute video of cardiovascular exercise. No weights used. Good for beginner or intermediate exercisers.

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.