

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

\*Please note the following changes to the pool schedule/class schedule:

**WEDNESDAY, APRIL 10: POOL CLOSED 1-4 P.M.**

**THURSDAY, APRIL 11: NO 9 A.M. BALANCE & POSTURE CLASS**

**TUESDAY, APRIL 23: NO 9 A.M. BALANCE & POSTURE CLASS**

**FRIDAY, APRIL 26: NO A.M. OR P.M. AQUATIC OR LAND CLASSES**

**FRIDAY, APRIL 26: OPEN SWIM 7:15 A.M. – noon, POOL CLOSED 1-3 P.M.**

EFFECTIVE APRIL 1 – APRIL 30, 2019						
<b>AQUATIC FITNESS CLASSES &amp; OPEN SWIM - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:15 a.m.	POOL	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim
7:15 – Noon	POOL		Lap/Open Swim		Lap/Open Swim	
8:30 – 9:15 a.m.	POOL	Aqua Motion		Aqua Motion		Aqua Motion
9:30 – 9:45 a.m.	POOL	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim
10:00 – 10:45 a.m.	POOL	Shallow Water Walking		Shallow Water Walking		Shallow Water Walking
11:00 a.m. – Noon	POOL	Lap/Open Swim		Lap/Open Swim		Lap/Open Swim
Noon – 1:00 p.m.	POOL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
1:00 – 2:30 p.m. ★	POOL	Lap/Open Swim	Volleyball	Lap/Open Swim	Volleyball	Lap/Open Swim
2:30 – 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	CLOSED	CLOSED	Employee Family/ Open Swim Night 5-7 p.m. (Last Wednesday of each month)	CLOSED	CLOSED
3 p.m. – 7:15 a.m.	POOL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
<b>SATURDAY</b> 9:00 a.m. – Noon	POOL	<b>Saturday Lap/Open Swim</b> <i>Resident Guests may swim anytime lap/open swim is available.</i>				
<b>LAND FITNESS CLASSES - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 – 9:15 a.m. ★	FITNESS STUDIO	Strength and Endurance		Strength and Endurance		Cardio Blast! ★
9:00 – 9:45 a.m.	FITNESS STUDIO		Balance and Posture		Balance and Posture	
9:20 – 9:50 a.m. ★	FITNESS STUDIO	Strength and Endurance		Strength and Endurance		Abs and Thighs ★
10:00 – 10:30 a.m.	FITNESS STUDIO	Video Exercise SeniorStyle		Video Exercise SeniorStyle		Video Exercise SeniorStyle
10:45 – 11:15 a.m. ★	FITNESS STUDIO	Chair Yoga				
11:30 a.m. – Noon	FITNESS STUDIO			Meditation		
1:00 – 1:45 p.m.	FITNESS STUDIO	Chair Strength and Balance For Beginners		Chair Strength and Balance For Beginners		Chair Strength and Balance For Beginners
2:00 – 2:15 p.m. ★	FITNESS STUDIO			Beginners Line Dancing ★		
2:15 – 3:00 p.m.	FITNESS STUDIO			Line Dancing		
<b>OUTDOOR FITNESS - Class descriptions on the back</b>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:30 a.m.	TENNIS COURT	*Pickleball lessons/play (April 29 start)			*Pickleball lessons/play (April 29 start)	
9:00 – 10:00 a.m. ★	PLAZA				*Bocce	
10:30 – 11:30 a.m.	PLAZA		*Corn Hole			
<b>*PICKLEBALL, CORN HOLE, AND BOCCIE (WEATHER PERMITTING)</b>						
★ Change in schedule or new class! Please note time changes!						

# AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

EFFECTIVE APRIL 1 – APRIL 30, 2019

## AQUATIC FITNESS

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

**Abs and Thighs** – Join us for a lower body and core (abdominal and back muscles) strengthening to improve posture and strength. Flexibility will also be included.

**Balance and Posture** – 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.

**Beginners Line Dancing** – For the beginner with no experience! Learn the steps to a few basic line dances.

**Cardio Blast!** – 30 min. of cardiovascular movement (no weights, bands or chairs).

**Chair Strength and Balance 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! Good for all skill levels.

**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.

**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, a paddleball sport created for all ages and skill levels! This fun sport combines components of tennis, badminton, and ping-pong.

## VIDEO FITNESS

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

### **Contact the Wellness Staff**

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