

AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

★ NEW AQUATIC CLASS TUESDAYS!

★ NEW EXTENDED POOL HOURS TUESDAYS & THURSDAYS!

- JULY 4th HOLIDAY: NO WELLNESS CLASSES/POOL CLOSED
- SEPTEMBER 2nd LABOR DAY HOLIDAY: NO WELLNESS CLASSES/POOL HOURS 7:15 A.M. - Noon
- MARK YOUR CALENDARS! ACTIVE AGING WEEK SEPTEMBER 30 – OCTOBER 4

EFFECTIVE JULY 1 – SEPTEMBER 29, 2019

AQUATIC FITNESS CLASSES & OPEN SWIM - <i>Class descriptions on the back</i>						
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 – 8:30 a.m.	POOL	Lap/Open Swim		Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
8:00 – 8:45 a.m.	POOL		★ Making Waves		Lap/Open Swim	
8:30 – 9:15 a.m.	POOL	Aqua Motion		Aqua Motion	Lap/Open Swim	Aqua Motion
9:30 – 9:45 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
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	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	Lap/Open Swim	Lap/Open Swim
3:00 – 5:30 p.m.	POOL	CLOSED	★ Lap/Open Swim	CLOSED	★ Lap/Open Swim	CLOSED
5:30 p.m.– 7:15 a.m.	POOL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
SATURDAY 9:00 a.m. – Noon	POOL	Lap/Open Swim				
SUNDAY	POOL	CLOSED ALL DAY				

LAND FITNESS CLASSES - <i>Class descriptions on the back</i>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 a.m.	FITNESS STUDIO	Strong and Balanced	FUNctional WELLness	Strong and Balanced	FUNctional WELLness	Strong and Balanced
10:00 – 10:30 a.m.	FITNESS STUDIO	Video Exercise SeniorStyle		Video Exercise SeniorStyle		Video Exercise SeniorStyle
10:00 – 10:30 a.m.	FITNESS STUDIO	Wellness Staffed	Wellness Staffed	Wellness Staffed	Wellness Staffed	
10:30 – 11:00 a.m.	FITNESS STUDIO				Video Tai Chi	
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 – 3:00 p.m.	FITNESS STUDIO			Line Dancing (classes ONLY SEPTEMBER)		

OUTDOOR FITNESS - <i>Class descriptions on the back</i>						
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:30 a.m.	TENNIS COURT	*Pickleball lessons/play			*Pickleball lessons/play	
9:30 – 10:30 a.m.	PLAZA				*Bocce	
10:30 – 11:30 a.m.	PLAZA		*Corn Hole			
*PICKLEBALL, CORN HOLE, AND BOCCE (WEATHER PERMITTING) *PICKLEBALL cancelled if under 50 degrees or wet court.						

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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.

Making Waves – A moderate-high intensity aqua aerobics class using an assortment of equipment in a variety of pool depths. (Low impact modifications offered).

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.

LAND FITNESS

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.

FUNctional WELLness – Fun & Well will challenge your balance and coordination and increase your heart rate through teamwork and fun agility courses.

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.

Strong and Balanced – Increase your strength & maintain or improve your balance and coordination. Hand weights and other strength tools used.

Wellness Staffed – Need a little help setting the fitness equipment, or have fitness related questions? Come during this time and one of our wellness staff members will be there for you!

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 minute video. Cardiovascular and balance exercise. No weights used. Good for beginner or intermediate exercisers.

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

Contact the Wellness Staff

Kristin Manser, Wellness Manager – 717-390-4981
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