

Fitness Classes for Independent and Assisted Living Residents: April 12 to 30

- NEW SCHEDULE CHANGES:
- **Strength Fit 1** will be a 30 minute class in the Phillips Amos Room: Mon, Wed, & Fri at 10:00
 - **Strength Fit 2** will be a 45 minute class in the Vogler Exercise Room: Mon & Wed at 11:00 and Fridays at 10:00
 - **Gentle Yoga** will be a 30 minute class in the Phillips Amos Room: Mon & Wed, and Vogler Exercise Room: Tue, Thu, & Fri at 11:00.
 - **Registration on the K4 app is still required.** If you need assistance, contact Laura Gorycki at 336-391-2800

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes LIMIT 10	<u>Full Body Yoga</u> Vogler Exercise Room 60 Minutes LIMIT 8 (Bring your own mat)	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes LIMIT 10	<u>Full Body Yoga</u> Vogler Exercise Room 60 Minutes LIMIT 8 (Bring your own mat)	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes LIMIT 10
	<u>Build Your Own Body 2</u> Phillips Amos Room 30 Minutes LIMIT 10				<u>Build Your Own Body 2</u> Phillips Amos Room 30 Minutes LIMIT 10
10:00 AM	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes LIMIT 15	<u>Yoga Flow (Chair Assisted)</u> Phillips Amos Room 45 Minutes LIMIT 12 (Bring your own mat)	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes LIMIT 15	<u>Yoga Flow (Chair Assisted)</u> Phillips Amos Room 45 Minutes LIMIT 12 (Bring your own mat)	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes LIMIT 15
		Tai Chi with Julia Vogler Exercise Room 45 Minutes LIMIT 15			Tai Chi with Julia Vogler Exercise Room 45 Minutes LIMIT 15
11:00 AM	<u>Strength Fit 2</u> Vogler Exercise Room 45 Minutes LIMIT 15	<u>Pilates</u> Phillips Amos Room 45 Minutes LIMIT 10 (Bring your own mat)	<u>Strength Fit 2</u> Vogler Exercise Room 45 Minutes LIMIT 15	<u>Pilates Express</u> Phillips Amos Room 30 Minutes LIMIT 10 (Bring your own mat)	<u>ZUMBA GOLD®</u> *NEW LOCATION Phillips Amos Room 45 Minutes LIMIT 15
	<u>Gentle Yoga</u> Phillips Amos Room 30 Minutes LIMIT 15				
1:30 PM	<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes LIMIT 10		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes LIMIT 10		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes LIMIT 10
2:00 PM	<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes LIMIT 15		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes LIMIT 15		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes LIMIT 15
Aquatics Classes					
9:00 AM	<u>Small Group Coaching</u> LIMIT 10				<u>Small Group Coaching</u> (8:30 on Fridays) LIMIT 10
10:00 AM	<u>H2O Aerobics</u> LIMIT 12		<u>H2O Aerobics</u> LIMIT 12		<u>H2O Aerobics</u> LIMIT 12

