

Fitness Classes for All Residents: February 2022					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes	<u>Floor Yoga</u> Phillips 100 Dining Hall 60 Minutes <i>(Bring your own mat)</i>	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes	<u>Floor Yoga</u> Phillips 100 Dining Hall 60 Minutes <i>(Bring your own mat)</i>	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes
10:00 AM	<u>Strength Fit 1</u> Phillips Amos Room* 30 Minutes	<u>Chair Yoga Flow</u> Phillips Amos Room* 45 Minutes ----- <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room* 30 Minutes	<u>Chair Yoga Flow</u> Phillips Amos Room* 45 Minutes 10:15 ON THURSDAYS ----- <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room* 30 Minutes ----- <u>Strength Fit 2</u> 10:00 FRIDAYS ONLY Vogler Exercise Room 45 Minutes
11:00 AM	<u>Strength Fit 2</u> Phillips Amos Room* 45 Minutes ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>Pilates</u> Phillips Amos Room* 45 Minutes ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes ----- PWR!Moves® <u>(Parkinson’s Specific)</u> Registration Required Phillips 100 Building	<u>Strength Fit 2</u> Phillips Amos Room* 45 Minutes ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>Pilates Express</u> Phillips Amos Room* 30 Minutes 11:15 ON THURSDAYS ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	ZUMBA GOLD® Phillips Amos Room 45 Minutes ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes ----- PWR!Moves® <u>(Parkinson’s Specific)</u> Registration Required Phillips 100 Building
1:30 PM	<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes -----		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes -----		<u>Balance 1: Stability</u> Vogler Exercise Room 30 Minutes -----
2:00 PM	<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes		<u>Balance 2: Mobility</u> Vogler Exercise Room 45 Minutes
Aquatics Classes					
9:00 AM	<u>Small Group Coaching</u> 30 Minutes		-----		<u>Small Group Coaching</u> (8:30 on Fridays) 30 Minutes
10:00 AM	<u>H2O Aerobics</u> 45 Minutes		<u>H2O Aerobics</u> 45 Minutes		<u>H2O Aerobics</u> 45 Minutes
11:00 AM		<u>Shepherd’s Center</u> open to residents		<u>Shepherd’s Center</u> open to residents	<u>Shepherd’s Center</u> open to residents
1:00 PM		<u>Shepherd’s Center</u> open to residents		<u>Shepherd’s Center</u> open to residents	
Babcock Health Care Center					
11:00 AM	<u>Movement Matters</u> Amos Room 30 Minutes		<u>Gentle Yoga (11:15)</u> Amos Room 30 Minutes		<u>Movement Matters</u> Amos Room 30 Minutes

ANNOUNCEMENTS:

*** Some classes occurring in Phillips Bldg Amos Room will temporarily be moved to the Vogler Square Meeting Place** in February, depending on availability. Please check the Amos Room calendar displayed on the entrance door for class location

SAVE THE DATE: Monday, February 28 - Fitness Sampler is back! Are you curious about the classes listed on our monthly schedule but haven’t had time to attend? The Fitness Sampler offers brief classes throughout the morning and afternoon so you can get a taste of what we offer! Watch for the flyer with more information coming soon.

For information about classes, personal training, or a wellness program, contact Laura Gorycki at 336-391-2800