

Fitness Classes for All Residents: March 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 <b>10:15 ON THURSDAYS</b>  <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> <b>10:00 FRIDAYS ONLY</b> 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  <b>PWR!Moves®</b> <b>(Parkinson’s Specific)</b> 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 <b>11:15 ON THURSDAYS</b>  <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<b>ZUMBA GOLD®</b> Phillips Amos Room 45 Minutes  <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes  <b>PWR!Moves®</b> <b>(Parkinson’s Specific)</b> 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
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**ANNOUNCEMENTS:**

**Class locations return to Phillips Building:** Thank you for bearing with us as we temporarily moved many classes in recent weeks. March should bring us somewhat warmer temperatures, and we will return all classes to their assigned locations in the Phillips Building beginning Wednesday, March 2.

**Class Cancellation Notice:** A few Chair Yoga Flow and Pilates classes will be cancelled during March due to instructor absences. We are currently seeking a substitute instructor, and we will communicate with you each week as we modify the schedule.

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