

<div>    </div>					
<h1>Fitness Classes for All Residents: May 2022</h1>					
<h2>ANNOUNCEMENTS:</h2>					
<p><b>NEW SERIES: Pelvic Floor Health &amp; Fitness for Men and Women</b> This series of educational and exercise sessions will begin Wednesday, May 18, with a presentation by Susan Hannah, AGNP, with Novant Health Pelvic Center. From June 1 to June 29, we will offer weekly sessions where you will learn yoga-based exercises that help strengthen and relax your pelvic floor muscles.</p> <p><b>Registration is required, see the flyer for details.</b></p> <p><b>CLASS CANCELLATION: Wednesday, May 4</b> – All morning classes are cancelled for Love Feast. Afternoon balance classes will occur as scheduled.</p>					
,	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	Chair Yoga Flow Phillips Amos Room 45 Minutes ----- Tai Chi with Julia Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room* 30 Minutes	Chair Yoga Flow Phillips Amos Room 45 Minutes <b>10:15 ON THURSDAYS</b> ----- Tai Chi with Julia 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 30 Minutes ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes ----- <b>PWR!Moves®</b> <i>(Parkinson’s Specific)</i> 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> <i>(Parkinson’s Specific)</i> Phillips 100 Building
12:00 PM		<b>NEW!</b> Step, Walk, and Move! Phillips Amos Room 30 Minutes			
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 Strength/Aerobics</u> 45 Minutes		<u>H2O Strength/Aerobics</u> 45 Minutes		<u>H2O Strength/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
For information about classes, personal training, or a wellness program, contact Laura Gorycki at 336-391-2800					