

Fitness Classes for Independent and Assisted Living Residents: May 2021

SCHEDULE CHANGES:

- **BYOB 1 and 2** will now be a combined class in the Vogler Exercise Room: Mon, Wed, & Fri at 09:00
- **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 is still required.** Contact Laura Gorycki at 336-391-2800

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Build Your Own Body Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>	Full Body Yoga *NEW LOCATION Phillips 100 Dining Hall 60 Minutes <i>LIMIT 8</i> (Bring your own mat)	Build Your Own Body 1 Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>	Full Body Yoga *NEW LOCATION Phillips 100 Dining Hall 60 Minutes <i>LIMIT 8</i> (Bring your own mat)	Build Your Own Body Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>
10:00 AM	Strength Fit 1 Phillips Amos Room 30 Minutes <i>LIMIT 20</i>	Yoga Flow (Chair Assisted) Phillips Amos Room 45 Minutes <i>LIMIT 12</i> (Bring your own mat) Tai Chi with Julia *NEW LOCATION Phillips 100 Dining Hall 45 Minutes <i>LIMIT 15</i>	Strength Fit 1 Phillips Amos Room 30 Minutes <i>LIMIT 20</i>	Yoga Flow (Chair Assisted) Phillips Amos Room 45 Minutes <i>LIMIT 12</i> (Bring your own mat) Tai Chi with Julia *NEW LOCATION Phillips 100 Dining Hall 45 Minutes <i>LIMIT 15</i>	Strength Fit 1 Phillips Amos Room 30 Minutes <i>LIMIT 20</i> Strength Fit 2 10:00 FRIDAYS ONLY Vogler Exercise Room 45 Minutes <i>LIMIT 15</i>
11:00 AM	Strength Fit 2 Vogler Exercise Room 45 Minutes <i>LIMIT 15</i> Gentle Yoga Phillips Amos Room 30 Minutes <i>LIMIT 20</i>	Pilates Phillips Amos Room 45 Minutes <i>LIMIT 10</i> (Bring your own mat) Gentle Yoga Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>	Strength Fit 2 Vogler Exercise Room 45 Minutes <i>LIMIT 15</i> Gentle Yoga Phillips Amos Room 30 Minutes <i>LIMIT 20</i>	Pilates Express Phillips Amos Room 30 Minutes <i>LIMIT 10</i> (Bring your own mat) Gentle Yoga Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>	ZUMBA GOLD® *NEW LOCATION Phillips Amos Room 45 Minutes <i>LIMIT 15</i> Gentle Yoga Vogler Exercise Room 30 Minutes <i>LIMIT 15</i>
1:30 PM	Balance 1: Stability Vogler Exercise Room 30 Minutes <i>LIMIT 10</i>		Balance 1: Stability Vogler Exercise Room 30 Minutes <i>LIMIT 10</i>		Balance 1: Stability Vogler Exercise Room 30 Minutes <i>LIMIT 10</i>
2:00 PM	Balance 2: Mobility Vogler Exercise Room 45 Minutes <i>LIMIT 15</i>		Balance 2: Mobility Vogler Exercise Room 45 Minutes <i>LIMIT 15</i>		Balance 2: Mobility Vogler Exercise Room 45 Minutes <i>LIMIT 15</i>
Aquatics Classes					
9:00 AM	Small Group Coaching <i>LIMIT 10</i>				Small Group Coaching (8:30 on Fridays) <i>LIMIT 10</i>
10:00 AM	H2O Aerobics <i>LIMIT 12</i>		H2O Aerobics <i>LIMIT 12</i>		H2O Aerobics <i>LIMIT 12</i>

ANNOUNCEMENTS:

National Trails Day, Saturday, June 5 The American Hiking Society designates the first Saturday in June (which happens to be Great Outdoors Month) as National Trails Day. We will celebrate by exploring the beautiful trails here at Salemtowne! *Watch for the flyer for more details*