



## Fitness Classes for All Residents: June 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes	<u>Full Body Yoga</u> Phillips 100 Dining Hall 60 Minutes (Bring your own mat)	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes	<u>Full Body Yoga</u> Phillips 100 Dining Hall 60 Minutes (Bring your own mat)	<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>Yoga Flow (Chair Assisted)</u> Phillips Amos Room 45 Minutes (Bring your own mat)  <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes	<u>Yoga Flow (Chair Assisted)</u> <b>NO CLASS JUNE 17 &amp; 24</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> Vogler Exercise Room 45 Minutes  <u>Gentle Yoga</u> Phillips Amos Room 30 Minutes	<u>Pilates</u> Phillips Amos Room 45 Minutes (Bring your own mat)  <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>Strength Fit 2</u> Vogler Exercise Room 45 Minutes  <u>Gentle Yoga</u> Phillips Amos Room 30 Minutes	<u>Pilates Express</u> Phillips Amos Room <b>NO CLASS JUNE 17 &amp; 24</b>  <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>ZUMBA GOLD®</u> Phillips Amos Room 45 Minutes <b>NO CLASS JUNE 25</b>  <u>Gentle Yoga</u> Vogler Exercise 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 Aerobics</u> 45 Minutes		<u>H2O Aerobics</u> 45 Minutes		<u>H2O Aerobics</u> 45 Minutes
11:00 AM		<u>Shepherd's Center</u> <b>JUNE DATES TBD</b>		<u>Shepherd's Center</u> <b>JUNE DATES TBD</b>	<u>Shepherd's Center</u> <b>JUNE DATES TBD</b>
2:00 PM		<u>Shepherd's Center</u> <b>JUNE DATES TBD</b>		<u>Shepherd's Center</u> <b>JUNE DATES TBD</b>	

### Babcock Health Care Center

10:00 AM	<u>Gentle Yoga</u> 30 Minutes				<u>Gentle Yoga</u> 30 Minutes
11:00 AM	<u>Flex &amp; Stretch</u> Westerly Place 45 Minutes		<u>Gentle Yoga</u> Amos Room 30 Minutes		<u>Flex &amp; Stretch</u> Westerly Place 45 Minutes

#### ANNOUNCEMENTS:

**National Trails Day, Saturday, June 5:** Celebrate National Trails Day with your neighbors and friends by exploring the beautiful trails here at Salemtowne! *See the flyer for more details, registration on K4 is required.*

**Farmers Market Returns to Salemtowne in June:** Terry Motsinger returns with his farm fresh fruits, vegetables, and flowers in June. If you have special requests from the farm, contact Laura Gorycki at 336-391-2800

**Thursday Yoga Flow and Pilates classes are temporarily suspended after June 17 due to instructor absence:** We apologize for the inconvenience and will keep you informed if we secure a substitute instructor during this time.

**Shepherds Center Aquatics will return in June:** Watch K4 for an announcement regarding the date classes will resume.