



Fitness Classes for All Residents: July 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) ----- Tai Chi with Julia Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes	<u>Yoga Flow (Chair Assisted)</u> Phillips Amos Room NO YOGA FLOW ON THURSDAYS IN JULY ----- 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> 10:00 FRIDAYS ONLY 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 30 Minutes 11:15 ON THURSDAYS NO CLASS 7/8 or 7/15 ----- <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>ZUMBA GOLD®</u> Phillips Amos Room 45 Minutes NO CLASS JUNE 23 ----- <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> 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

10:00 AM	<u>Gentle Yoga (Garden Court)</u> 30 Minutes				<u>Gentle Yoga (Garden Court)</u> 30 Minutes
11:00 AM	<u>Movement Matters</u> Westerly Place 45 Minutes		<u>Gentle Yoga (11:15)</u> Amos Room 30 Minutes		<u>Movement Matters</u> Westerly Place 45 Minutes

CLASS ANNOUNCEMENTS:

ALL YMCA fitness classes are cancelled Monday, July 5

Strength Fit 1 and Strength Fit 2 will be combined on Friday, July 2 & Friday July 23: 10:00 in the Phillips Bldg Amos Room

Thursday Yoga Flow and Pilates class times have changes due to instructor availability: See the schedule above for details.

We apologize for the inconvenience, and will update you if there are additional changes

FARMER'S MARKET IS BACK! Every Wednesday from 9:00 to 11:00 AM outside the Community Center entrance

YOGA FLOW and PILATES TEMPORARY CLASS SCHEDULE
JULY 1 to JULY 29

Thursday, July 1 (w/Adrienne)	Yoga Flow Cancelled Pilates 11:15 to 11:45
Tuesday, July 6	Yoga Flow Cancelled Pilates Cancelled
Thursday, July 8	Yoga Flow Cancelled Pilates Cancelled
Tuesday, July 13 (w/Jennifer) (w/Jennifer)	Yoga Flow 10:00 to 10:45 Pilates 11:00 to 11:45
Thursday, July 15	Yoga Flow Cancelled Pilates Cancelled
Tuesday, July 20 (w/Jennifer) (w/Jennifer)	Yoga Flow 10:00 to 10:45 Pilates 11:00 to 11:45
Thursday, July 22 (w/Adrienne)	Yoga Flow Cancelled Pilates 11:15 to 11:45
Tuesday, July 27 (w/Jennifer) (w/Jennifer)	Yoga Flow 10:00 to 10:45 Pilates 11:00 to 11:45
Thursday, July 29 (w/Adrienne)	Yoga Flow Cancelled Pilates 11:15 to 11:45