



## Fitness Classes for All Residents: September 2021

| Time     | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|----------|---|--|---|--|--|
| 9:00 AM  | <u>Build Your Own Body</u><br>Vogler Exercise Room<br>30 Minutes  | <u>Full Body Yoga</u><br>Phillips 100 Dining Hall<br>60 Minutes<br><i>(Bring your own mat)</i>   | <u>Build Your Own Body 1</u><br>Vogler Exercise Room<br>30 Minutes  | <u>Full Body Yoga</u><br>Phillips 100 Dining Hall<br>60 Minutes<br><i>(Bring your own mat)</i>   | <u>Build Your Own Body</u><br>Vogler Exercise Room<br>30 Minutes   |
| 10:00 AM | <u>Strength Fit 1</u><br>Phillips Amos Room<br>30 Minutes   | <u>Chair Yoga Flow</u><br>Phillips Amos Room<br>45 Minutes<br><br><u>Tai Chi with Julia</u><br>Phillips 100 Dining Hall<br>45 Minutes  | <u>Strength Fit 1</u><br>Phillips Amos Room<br>30 Minutes   | <u>Chair Yoga Flow</u><br>Phillips Amos Room<br>45 Minutes<br><b>10:15 ON THURSDAYS</b><br><br><u>Tai Chi with Julia</u><br>Phillips 100 Dining Hall<br>45 Minutes | <u>Strength Fit 1</u><br>Phillips Amos Room<br>30 Minutes<br><br><u>Strength Fit 2</u><br><b>10:00 FRIDAYS ONLY</b><br>Vogler Exercise Room<br>45 Minutes  |
| 11:00 AM | <u>Strength Fit 2</u><br>Vogler Exercise Room<br>45 Minutes<br><br><u>Gentle Yoga</u><br>Phillips Amos Room<br>30 Minutes | <u>Pilates</u><br>Phillips Amos Room<br>45 Minutes<br><br><u>Gentle Yoga</u><br>Vogler Exercise Room<br>30 Minutes<br><br><b>PWR!Moves®</b><br><b>(Parkinson's Specific)</b><br>Registration Required<br>Phillips 100 Building | <u>Strength Fit 2</u><br>Vogler Exercise Room<br>45 Minutes<br><br><u>Gentle Yoga</u><br>Phillips Amos Room<br>30 Minutes | <u>Pilates Express</u><br>Phillips Amos Room<br>30 Minutes<br><b>11:15 ON THURSDAYS</b><br><br><u>Gentle Yoga</u><br>Vogler Exercise Room<br>30 Minutes            | <u>ZUMBA GOLD®</u><br>Phillips Amos Room<br>45 Minutes<br><br><u>Gentle Yoga</u><br>Vogler Exercise Room<br>30 Minutes<br><br><b>PWR!Moves®</b><br><b>(Parkinson's Specific)</b><br>Registration Required<br>Phillips 100 Building |
| 1:30 PM  | <u>Balance 1: Stability</u><br>Vogler Exercise Room<br>30 Minutes   |  | <u>Balance 1: Stability</u><br>Vogler Exercise Room<br>30 Minutes   |  | <u>Balance 1: Stability</u><br>Vogler Exercise Room<br>30 Minutes  |
| 2:00 PM  | <u>Balance 2: Mobility</u><br>Vogler Exercise Room<br>45 Minutes  |  | <u>Balance 2: Mobility</u><br>Vogler Exercise Room<br>45 Minutes  |  | <u>Balance 2: Mobility</u><br>Vogler Exercise Room<br>45 Minutes   |

### Aquatics Classes

|          |   |   |                                   |   |  |
|----------|---|---|-----------------------------------|---|--|
| 9:00 AM  | <u>Small Group Coaching</u><br>30 Minutes |   |                                   |   | <u>Small Group Coaching</u><br>(8:30 on Fridays)<br>30 Minutes |
| 10:00 AM | <u>H2O Aerobics</u><br>45 Minutes         |   | <u>H2O Aerobics</u><br>45 Minutes |   | <u>H2O Aerobics</u><br>45 Minutes                              |
| 11:00 AM |   | <u>Shepherd's Center</u><br>open to residents |                                   | <u>Shepherd's Center</u><br>open to residents | <u>Shepherd's Center</u><br>open to residents                  |
| 1:00 PM  |   | <u>Shepherd's Center</u><br>open to residents |                                   | <u>Shepherd's Center</u><br>open to residents |  |

### Babcock Health Care Center

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

#### ANNOUNCEMENTS:

**SAVE THE DATE** for the next **WoW Outing**, Friday, September 17, 9:00 AM: Jamison Park & Muddy Creek Greenway Walk or bike the flat, paved greenway, participate in lawn games, bring your dogs to play in the dog park, and more!

**ARE YOU INTERESTED IN JOINING A WALKING CLASS / CLUB** to improve your moving posture, balance, and endurance so you can walk stronger and with more confidence? See Laura Gorycki for more details!

**ALL CLASSES CANCELLED** Monday, September 6 for Labor Day; **BYOB & PWR!Moves®** cancelled Friday, September 17

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