



Fitness Classes for All Residents: October 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 <i>(Bring your own mat)</i>	<u>Build Your Own Body 1</u> Vogler Exercise Room 30 Minutes	<u>Full Body 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	<u>Chair Yoga Flow</u> Phillips Amos Room 45 Minutes <u>Tai Chi with Julia</u> Phillips 100 Dining Hall 45 Minutes	<u>Strength Fit 1</u> Phillips Amos Room 30 Minutes	<u>Chair Yoga Flow</u> Phillips Amos Room 45 Minutes 10:15 ON THURSDAYS <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> 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 <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes PWR!Moves® <i>(Parkinson's Specific)</i> Registration Required Phillips 100 Building	<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 <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes	<u>ZUMBA GOLD®</u> Phillips Amos Room 45 Minutes <u>Gentle Yoga</u> Vogler Exercise Room 30 Minutes PWR!Moves® <i>(Parkinson's Specific)</i> Registration Required Phillips 100 Building
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</u> Garden Court 30 Minutes				<u>Gentle Yoga</u> Garden Court 30 Minutes
11:00 AM	<u>Movement Matters</u> Westerly Place 30 Minutes		<u>Gentle Yoga (11:15)</u> Amos Room 30 Minutes		<u>Movement Matters</u> Westerly Place 30 Minutes

ANNOUNCEMENTS:

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

The Farmer's Market has wrapped up for the season, and Terry plans to return next Spring!

For information about classes, personal training, or a wellness program, contact Laura Gorycki at 336-391-2800