



Fitness Classes for All Residents: November 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 <u>PWR!Moves®</u> <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 <u>PWR!Moves®</u> <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

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
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ANNOUNCEMENTS:

CLASS CANCELLATION: All Land and Water Classes will be cancelled on the dates below:

- Wednesday, November 10
- Thursday, November 25
- Friday, November 26

TURKEY TROT: Join us for the 2nd Annual Turkey Trot around Salemtowne on Thanksgiving Day! See flyer for more details.

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

Yoga for Balance

Six Week Series beginning Wednesday, November 17

It's that time of year! The weather is cooler, the air is fresher, and festivals are everywhere! As we lose daylight, morning and evening walks are more challenging, and leaves are the only thing that should be falling this season

Join us for a **Six Week Fall Prevention Yoga-Based Program** designed to prepare your body and brain for family gatherings, extended travel, and all the fun and festive activities you're planning before winter settles in!

Days, Time, and Location

All classes will occur in the Phillips Building Amos Room.

See the list below for class dates, times, topics, and instructors:

1. Wed, 11/17	11:00-11:45AM	Stamina and Strength	Laura G
2. Wed, 11/24	11:00-11:45AM	Flexibility and Stability	Adrienne/Julie
3. Wed, 12/01	11:00-11:45AM	Flexibility and Stability	Julie/Adrienne
4. Thu, 12/09	11:00-11:45AM	Stamina and Strength	Laura G
5. Wed, 12/15	11:00-11:45AM	Flexibility and Stability	Adrienne/Julie
6. Wed 12/22	11:00-11:45AM	Flexibility and Stability	Julie/Adrienne

* **NOTE:** All classes except one (December 9) will occur on Wednesdays at 11:00. We will NOT have Gentle Yoga class on those Wednesdays.

Attend as many sessions as you wish!

Registration on K4 is required for all sessions by Wednesday, November 10th

Contact Laura Gorycki at 336-391-2800 for more information