



Fitness Classes for All Residents: December 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® <u>(Parkinson's Specific)</u> Registration Required Phillips 100 Building	<u>Strength Fit 2</u> Vogler Exercise Room 45 Minutes <u>Gentle Yoga</u> Phillips Amos Room 30 Minutes *Ends 12/22* <u>Yoga for Balance</u> <u>(Six Week Series)</u> Phillips Amos Room	<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® <u>(Parkinson's Specific)</u> 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 CHANGES AND CANCELLATIONS:

- ALL Land and Water Classes are cancelled: Wednesday, Dec 8; Friday, Dec 24; Monday, Dec 27
- Strength Fit 1 & 2 will combine in Phillips Amos Room: 10:00 AM - Wednesday, Dec 01; Wednesday, Dec 15; Wednesday Dec 22
- 9:00 Floor Yoga and 10:00 Tai Chi with Julia will meet in Phillips 100 building Common Area: Thursday, Dec 9
- 10:15 Yoga Flow and 11:15 Pilates will meet in Phillips 100 building Dining Hall: Thursday, Dec 9
- 10:00 Yoga Flow and 11:00 Pilates are cancelled: Tuesday, Dec 28