



## Fitness Classes for All Residents: January 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	<u>Build Your Own Body</u> Vogler Exercise Room 30 Minutes	<u>Floor 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>Floor 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 <b>10:15 ON THURSDAYS</b>  <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> <b>10:00 FRIDAYS ONLY</b> 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  <b>PWR!Moves®</b> <b>(Parkinson's Specific)</b> 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 <b>11:15 ON THURSDAYS</b>  <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  <b>PWR!Moves®</b> <b>(Parkinson's Specific)</b> 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:

**PWR!Moves® for Parkinson's Disease** will resume Tuesday, January 11 at 11:00. If you are interested in joining as a new participant, please contact Laura Gorycki at 336-391-2800 to register.

**YMCA instructors will be monitoring classes for low attendance** in January. Classes that consistently have less than 5 in attendance (NOT including Floor Yoga) will be removed from the schedule.

**2022 Fitness Sampler is being planned for February** If you would like to request a class or program that isn't currently being offered, let us know!

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