

	Monday	Tuesday	Wednesday	Thursday	Friday	Wellness News
<p><b>GER- Group Exercise Room</b>  <b>FC- Fitness Center</b>  <b>P-Pool</b>  <b>HH- Heather Hall</b>  <b>NJR- Nancy Jones Room</b></p> <p><b>Level 1</b>  <b>Beginning Intensity</b>  <b>Level 2</b>  <b>Moderate Intensity</b>  <b>Level 3</b>  <b>High Intensity</b></p>	<p>10:00- 10:30 – Water Workout , P 1-3</p> <p>10:30 – 11:00 – Cardio Fit w/Lisa GER</p> <p>11:15 - Chair Yoga w/ Lisa (GER)</p> <p>10:30-11:30 - Orientations/Assessments</p> <p>12:00 - Functional Trainer w/ Shamar</p> <p>2:00 – 2:30 - Balance (Advanced) GER 3</p> <p>2:45- 3:15 - Balance (Beginner) GER 1-2</p> <p>3:30- 4:30 Ping Pong GER 1-3</p>	<p>8:00 - Noon Free Swim, P-1-3 (Swim Buddy Required)</p> <p>9:30-MW Senior Dance Fitness w/Carly GER 2</p> <p>10:30 – 11:00 – Strength Training w/Kathy &amp; Shamar I</p> <p>11:15 – 11:45 – Strength Training w/Kathy &amp; Shamar II</p> <p>1:00 – 1:30 – Tai Chi II  1:45 – 2:15 – Tai Chi I</p> <p>2:00 – 3:00 – Walk This Way P ( Swim Buddy Required )</p> <p>2:00-3:30 – Parkinson’s Power GER 1-3</p>	<p>10:00 – 10:30 – Water Workout P 1-3</p> <p>10:00 – 10:45 – Chair Yoga w Priya GER 1-3</p> <p>11:15 – 12:00 – Seated Strength w/ Shamar GER 2-3</p> <p>3:00 – 3:45 – Tai Chi Resident Led Practice GER</p>	<p>8:00 – Noon Free Swim P – 1-3 ( Swim Buddy Required )</p> <p>10:30- 11:00 – Strength Training w/ Kathy &amp; Shamar I Ger-2-3</p> <p>11:15 – 11:45 – Strength Training w/Kathy &amp; Shamar II GER-1</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:00 – 2:45 – Brain Fitness GER 1-3</p>	<p>10:00-10:30 – Water Workout, P 1-3</p> <p>10:00 – 10:30 – Seated Strength Training w/ Shamar (GER 2-3)</p> <p>10:30-11:00 Orientations/ Assessments</p> <p>11:00 – 11:45 – Chair Yoga w/Priya GER 1-3</p> <p>2:00 – 3:00 Orientations</p> <p>3:00-4:00 Ping Pong GER, 1-3</p>	<p><u>Saturday</u>  1:00 PM – Water Volleyball P 1-3 (Resident Led)</p> <p><u>New Class</u>  Chair Yoga w/Lisa – Mondays at 11:15 AM GER</p> <p><u>New Times</u>  Cardio Fit w/Lisa will be Mondays at 10:30 AM</p> <p>Chair yoga w/Priya will be Wednesdays 10:00 – 10:45</p> <p>Seated Strength w/Shamar Will be Wednesdays 11:15-11:45 AM</p>
<p><u>Schedule Changes</u></p> <p>You will receive a call or email if any classes are canceled.</p>	<p><b>Happy New Year 2024</b></p>			<p><b>New Class this month.</b></p> <p><b>YOGA</b></p> <p><b>Chair Yoga w/Lisa Mondays @ 11:15 AM</b></p>	<p><b>Check out This Great Read at The Templeton Library!</b></p> 	 <p><b>Call Shamar, Wellness Coordinator, for an Assessment or Reassessment.</b></p>



# Inspire February, 2024

## Wellness Class Schedule