










































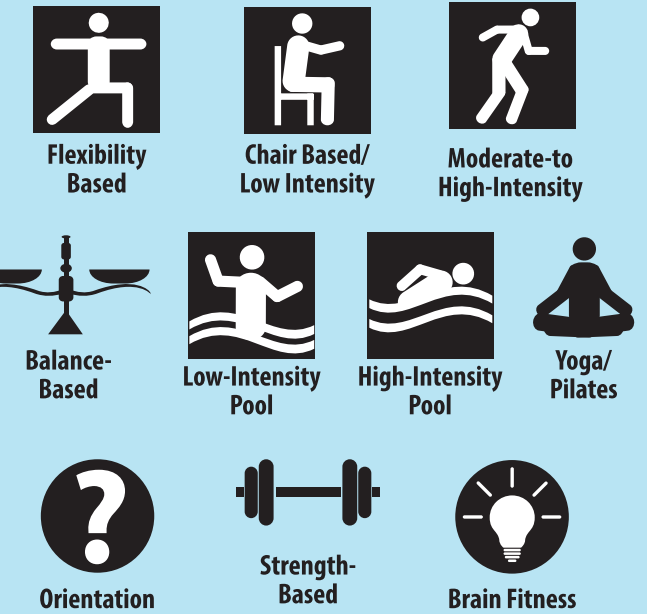


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:30 am Wake Up Workout 	8:30-9:15 am Beach Walk (Weather permitting.) 	9:00-9:30 am Wake Up Workout 	8:30-9:15 am Beach Walk (Weather permitting.) 	9:00-9:30 am Wake Up Workout 	
9:00-9:50 am Water Aerobics 	9:00-9:30 am Strength & Balance 	9:00-9:50 am Water Aerobics 	9:00-9:30 am Wake Up Workout 	9:00-9:50 am Water Aerobics 	
9:30-10:00 am C.L.I.M.B. 		9:30-10:00 am C.L.I.M.B. 		9:30-10:00 am C.L.I.M.B. 	
	9:30-10:00 am Fundamental Fitness 	10:00-11:00 am One on One in Skilled Neighborhood	9:30-10:00 am Fundamental Fitness 		10:30-11:00 am Seated Exercise 
11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 	11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 	11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 	11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 	11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 	11:00-11:30 am Memory Care Reflections at the Retreat & Skilled Neighborhood 
		11:00-11:30 am Stroll the Campus			
11:00-11:30 am Tai Chi 			1:30-2:00 pm WAVES 		<p>Black: Wellness Area</p> <p>Green: Healthcare Neighborhood</p> <p>Purple: Reflections at the Retreat</p> <p>Blue: Pool Area</p>
1:30-2:00 pm WAVES 		1:00-2:00 pm Games at the Retreat	1:30-2:15 pm Posture Now 	1:00-2:00 pm Games at the Retreat	
2:00-2:30 pm WAVES 	1:30-2:00 pm WAVES 	1:30-2:15 pm Shape-Up 			
2:30-3:30 pm WAVES 	1:30-2:15 pm Posture Now 	2:00-2:30 pm Water Workout 	2:00-3:00 pm WAVES 	2:00-2:45 pm Seated Pilates 	
2:00-2:45 pm Shape-Up 	2:00-3:00 pm WAVES 	3:00-3:30 pm Sit to Be Fit 	2:15-3:00 pm Jive & Glide 	3:00-3:30 pm Sit to Be Fit 	
3:00-3:30 pm Sit to Be Fit 	2:15-3:00 pm Jive & Glide 	3:15-4:00 pm Trivia 	3:15-4:00 pm Thoughtful Thursday 		

CLASS ICONS KEY



Schedule an Appointment with the Wellness team for a Fitness Assessment/Review

Either you run the day, or the day runs you.

– Jim Rohn

Have a great September!

Theresa & Shelby

CLASS DESCRIPTIONS

Afternoon Water Workout: A low impact water workout.

Basic Tai Chi: Join us for a moving meditation class that involves strengthening mental focus. Come and learn the basic slow and gentle movements. This class increases muscle tone, endurance, circulation and range of motion.

Beach Walk: Come take a stroll on the Beach and enjoy the Sun rise.

Brain Fitness: Improve your brain fitness with different fun games and activities to exercise your brain.

C.L.I.M.B.: Confidence, Longevity, Independence, Mobility and Balance are the goals of this class, which focuses solely on lower body exercises. Class will be held in the Gathering Room.

Fundamental Fitness: This class combines light aerobics with weights, band or small exercise balls. We add balance, flexibility and stretching for a great total workout.

Games at the Retreat: Fun Games for movement and energy boost.

Gym Workout: Our Assisted Living Residents who are able, come to the gym to get a more intense workout.

Jive & Glide: Join us for a fun and energizing way to exercise. Using 2 plates help you improve your Activities of Daily Living.

Memory Care: Exercise through fun exercises in our Reflections at the Retreat.

Posture Now: Come join us to help you improve your posture and balance. Exercises will strengthen the core and lower body.

Seated Pilates: This is a seated pilates class to help with core strengthening.

Shape-Up: This class increases muscular strength and range of movement for daily activities. Dumbbells are used for the exercises, which can be performed seated or standing.

Sit to Be Fit: This class is designed to improve flexibility and endurance for activities of daily living. This is held in the Community Room.

Strength & Balance: This class focuses on improving your balance while strengthening the core and your legs.

Stroll the Campus: Walk the campus or other locations with Theresa. Indoors or outdoors, weather permitting. Meet at the Fitness Room.

Supervised Gym Time: Join

us for supervised time in the gym with your Wellness Coordinator.

Thoughtful Thursday: Join us for a featured speaker, discussion or outing relating to the dimensions of Wellness.

Wake Up Workout: Get your day started on the right foot! This class can be done Standing or Seated and can be modified to fit your fitness level. We will incorporate exercises using dumbbells, resistance bands, and stability balls. Come wake up, work-

out, and get ready for the day.

Water Aerobics: Come join us for a 45 minute intermediate water aerobics class that combines high-low impact cardio moves to strengthen muscles and improve endurance! We will focus on stretching at the end of the workout.

WAVES: Award-winning aquatics program designed to soothe anxiety, improve appetite and strengthen bonds between members and caregivers.

MEET OUR WELLNESS TEAM



Wellness Director - Theresa O'Donnell
Certified in:

International Sports Science Association(ISSA) Certified Fitness Trainer
Aerobics and Fitness Association of America (AFAA) Certified Group Fitness Instructor
Power House Pilates Mat Certification
Arthritis Foundation Exercise Instructor
CDP- Certified Dementia Practitioner



Wellness Associate - Shelby Duke
Certified in:

Bachelor's Degree in Exercise Science
WAVES certified




**THE LAKES
AT LITCHFIELD**

**September 2017
WELLNESS SCHEDULE**