




















































**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

9:00-9:30 am Wake Up Workout 	8:15-9:00 am Beach Walk 	9:00-9:30 am Wake Up Workout 	8:15-9:00 am Beach Walk 	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 Strength & Balance 	9:00-9:50 am Water Aerobics 	
9:30-10:00 am C.L.I.M.B. 	9:30-10:15 am Pound Fitness 	9:30-10:00 am C.L.I.M.B. 	9:30-10:00 am Fundamental Fitness 	9:30-10:00 am C.L.I.M.B. 	
	9:45-10:15 am Gym Workout		9:45-10:15 am Gym Workout		10:30-11:00 am Seated Exercise 
	10:00-10:30 am Sit to be Fit 	11:00-11:30 am Tai Chi 	10:00-10:30 am Sit to be Fit 		
11:00-11:30 am Memory Care Reflections at the Retreat 	11:00-11:30 am Memory Care Reflections at the Retreat 	11:00-11:30 am Memory Care Reflections at the Retreat 	11:00-11:30 am Memory Care Reflections at the Retreat 	11:00-11:30 am Memory Care Reflections at the Retreat 	11:00-11:30 am Memory Care Reflections at the Retreat 
11:00-11:30 am Alexander Place Exercise 	11:00-11:30 am Alexander Place Exercise 	11:00-11:30 am Alexander Place Exercise 	11:00-11:30 am Alexander Place Exercise 	11:00-11:30 am Alexander Place Exercise 	
1:30-2:00 pm WAVES 	11:00-11:30 am Tai Chi 	1:00-2:00 pm Games at the Retreat	1:30-2:00 pm WAVES 	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 Pound Fitness 	1:30-2:15 pm Posture Now 		
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 Tai Chi 	
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 Basic Tai Chi 	3:00-3:30 pm Pound Fitness 	
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**

Flexibility Based

Chair Based/ Low Intensity

Moderate-to High-Intensity

Balance-Based

Low-Intensity Pool

High-Intensity Pool

Yoga/Pilates

Orientation

Strength-Based

Brain Fitness

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

Keep your face always toward the sunshine - and shadows will fall behind you.  
- Walt Whitman

Have a great April!  
*Theresa & Shelby*

**Black:**  
Wellness Area

**Green:**  
Healthcare Neighborhood

**Purple:**  
Reflections at the Retreat

**Blue:**  
Pool Area

# 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.

**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.

**Pound Fitness:** A fun new way to get a total body workout. Using drumsticks we incorporate percussion based exercises and upbeat music for an upper body, lower body, and cardio workout.

**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.

**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, workout, 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

Tai Chi for Arthritis Certification

Tai Chi for Fall Prevention Certification



**Wellness Associate - Shelby Duke**  
Certified in:

Bachelor's Degree in Exercise Science

WAVES certified

IFTA Aquatic Certification

Pound Fitness Certified



# APRIL 2018

## WELLNESS SCHEDULE

  
**THE LAKES  
AT LITCHFIELD**