













































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:30 am Wake Up Workout 		9:00-9:30 am Wake Up Workout 		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. 	9:30-10:00 am Fundamental 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 Morning Wellness 	10:00-11:00 am One on One in Alexander Place	9:45-10:15 am Morning Wellness 		10:30-11:00 am Seated Exercise 
11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 	11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 	11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 	11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 	11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 	11:00-11:30 am Memory Care Reflections at the Retreat & Alexander Place 
11:00-11:30 am Tai Chi 		11:00-11:30 am Tai Chi 			
		1:00-2:00 pm Games at the Retreat		1:00-2:00 pm Games at the Retreat	
1:30-2:00 pm WAVES 			1:30-2:00 pm WAVES 		
2:00-2:30 pm WAVES 	1:30-2:00 pm WAVES 	1:30-2:15 pm Shape-Up 	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 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



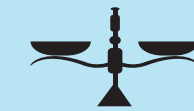
Flexibility Based



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

COMING IN DECEMBER

Pound Fitness with Shelby
Look for flyers with details and demo class dates

Kites rise against the wind, not with it.

– Les Brown

Have a great November!

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. This class increases muscle tone, endurance, circulation and range of motion.

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 exer-

cise. 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.

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 intermedi-

ate 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




**THE LAKES
AT LITCHFIELD**

**November 2017
WELLNESS SCHEDULE**