











































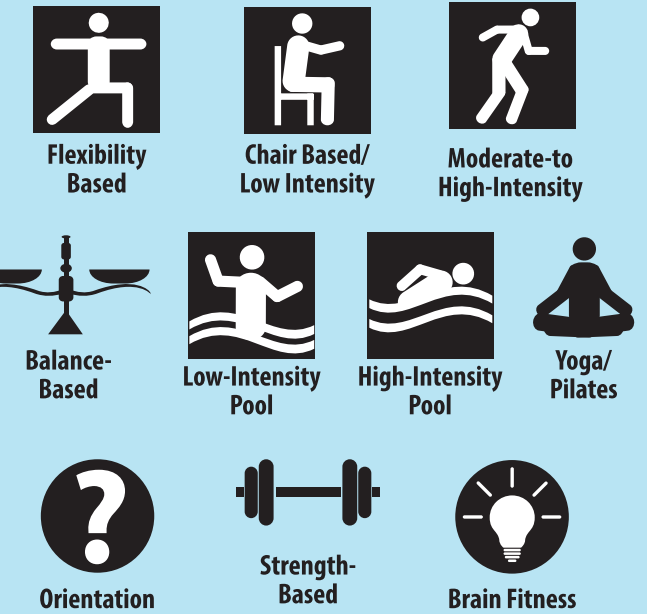


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:30 am Wake Up Workout 		9:00-9:30 am Wake Up Workout 		9:00-9:30 am Wake Up Workout 	
9:00-9:50 am Water Aerobics 	9:00-9:30 am Strength & Balance 	9:00-9:50 am Water Aerobics 	9:00-9:30 am Strength & Balance 	9:00-9:50 am Water Aerobics 	
9:30-10:00 am C.L.I.M.B. 	9:30-10:00 am Fundamental Fitness 		9:30-10:00 am Fundamental Fitness 	9:30-10:00 am C.L.I.M.B. 	
		10:00-10:30 am Gym Workouts 			
10:00-10:30 am Gym Workouts 		10:00-11:00 am One on One in Skilled 			10:30-11:00 am Seated Exercise 
11:00-11:30 am Memory Care 	11:00-11:30 am Memory Care 	11:00-11:30 am Memory Care 	11:00-11:30 am Memory Care 	11:00-11:30 am Memory Care 	11:00-11:30 am Memory Care 
11:00 am-12:30 pm Supervised Gym Time	11:00 am-12:30 pm Supervised Gym Time	11:00-11:30 am Stroll the Campus	11:00 am-12:30 pm Supervised Gym Time	11:00 am-12:30 pm Supervised Gym Time	
11:00-11:30 am Tai Chi 	11:00-12:00 pm Wii Bowling 			11:00-12:00 pm Wii Bowling 	
	1:00-1:30 pm WAVES 		1:00-1:30 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 		
	1:30-2:00 pm WAVES 	1:30-2:15 pm Let's Dance 	1:30-2:15 pm Shape Up 		
2:00-2:45 pm Shape-Up 	1:30-2:15 pm Strength & Balance 	2:00-2:30 pm Afternoon Water Workout 	2:00-3:00 pm WAVES 	2:00-2:45 pm Seated Pilates 	
3:00-3:30 pm Seated Exercise in Assisted Living 	2:00-3:00 pm WAVES 	3:00-3:30 pm Seated Exercise in Assisted Living 	2:15-3:00 pm Jive & Glide 	3:00-3:30 pm Seated Exercise in Assisted Living 	
	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

It does not matter how slowly you go as long as you do not stop.
– Confucius

Have a great March!
Theresa & Monika

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.

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. Who knew you could in your ADLs with 2 plates!

Let's Dance: It's a fun, low impact seated workout based on the music and style of Ballroom and Latin dancing. You will dance to easy to follow choreographed routines to rhythms of Foxtrot, Cha Cha Cha, Tango and more!

Memory Care: Exercises through fun activities in our Memory Care facility.

Seated Exercise in Assisted Living: This class is designed to improve flexibility and endurance for activities of daily living. This is in Assisted living room.

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

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

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.

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

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.

Wii Bowling: Join your friends in some friendly competition while improving your eye/hand coordination by playing Wii virtual bowling.

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 Monika Blackmon
Certified in:
Buckinghamshire University (UK) - Associate's Degree in Dance Teaching
Aerobics and Fitness Association of America (AFAA) Certified Group Fitness Instructor
Licensed Zumba® Fitness Instructor
International Dance Teachers' Association (IDTA) Diploma in Dance Exercise
IFTA – Interactive Fitness Trainers of America – Aqua Certification



Spa & Salon

Call your concierge to find out about this month's specials and make an appointment!




**THE LAKES
AT LITCHFIELD**

March 2017
WELLNESS SCHEDULE