





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15 am Water Aerobics 		8:30-9:15 am Water Aerobics 		8:30-9:15 am Water Aerobics 	
9:30-10:00 am Wake Up Workout 	9:30-10:00 am Strength & Balance 	9:30-10:00 am Wake Up Workout 	9:30-10:00 am Strength & Balance 	9:30-10:00 am Wake Up Workout 	
	10:00-10:30 am Fundamental Fitness 	10:00-10:30 am C.L.I.M.B. 	10:00-10:30 am Fundamental Fitness 	10:00-10:30 am C.L.I.M.B. 	
11:30 am-12:00 pm Tai Chi 		11:30 am-12:00 pm Tai Chi 			
	1:30-2:15 pm Posture Now 	1:30-2:15 pm Shape Up 	1:30-2:15 pm Posture Now 		
2:00-2:45 pm Shape-Up 		2:00-2:30 pm Water Workout 		2:00-2:45 pm Tai Chi 	<b>Black:</b> Wellness Area  <b>Blue:</b> Pool Area
			3:15-4:00 pm Trivia 		

## CLASS ICONS KEY



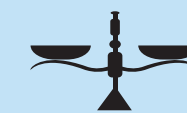
Flexibility Based



Chair Based/  
Low Intensity



Moderate-to  
High-Intensity



Balance-Based



Low-Intensity  
Pool



High-Intensity  
Pool



Yoga/  
Pilates



Orientation



Strength-Based



Brain Fitness

As we express our gratitude we must never forget that the highest appreciation is not to utter words, but to live by them.

- John F. Kennedy

Have a great December!

*Theresa*

## CLASS DESCRIPTIONS

**Afternoon Water Workout:** A low impact water workout.

**Aqua Motion:** The low-impact water fitness call emphasizes toning and Stretching. For all Fitness Levels.

**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.

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

**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.

## MEET THE WELLNESS DIRECTOR

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



**Theresa O'Donnell**  
**Wellness Director**  
**843-235-2416**

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



## DECEMBER 2018

## WELLNESS SCHEDULE

  
**THE LAKES**  
**AT LITCHFIELD**