


























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. 	9:30-10:15 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. 	
				10:00-10:30 am Gym Equipment Demonstration	
	10:30-11:00 am Aqua Motion 		10:30-11:00 am Aqua Motion 		
11:00-11:30 am Tai Chi 		11:00-11:30 am Tai Chi 			
	1:30-2:15 pm Posture Now 	1:30-2:15 pm Shape Up 	1:30-2:15 pm Posture Now 		<p>Black: Wellness Area</p> <p>Blue: Pool Area</p>
2:00-2:45 pm Shape-Up 		2:00-2:30 pm Water Workout 		2:00-2:45 pm Tai Chi 	
		3:15-4:00 pm Trivia 	3:15-4:00 pm Thoughtful Thursday 		

CLASS ICONS KEY



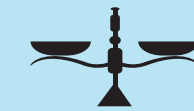
Flexibility Based



Chair Based/
Low Intensity



Moderate-to
High-Intensity



Balance-Based



Low-Intensity
Pool



High-Intensity
Pool



Yoga/
Pilates



Orientation



Strength-Based



Brain Fitness

Join us for Tai Chi
Mondays & Wednesdays
11:00am and Fri 2:00pm
 Improve Balance, Improve Flexibility,
 Improve the Serenity & Relaxation
 of the Mind

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

Today is the only day.
 Yesterday is gone.
 - John Wooden

Have a great July!
Theresa & Shelby

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 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



JULY 2018

WELLNESS SCHEDULE


**THE LAKES
AT LITCHFIELD**