



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 8am-4pm Monday-Friday			1 8:30am Morning Stretch WCY 1030am MC Stretch/Strength 1:00pm Supervised open swim WPC 3:00pm Pedal America CR (California)	2 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30 am AL Stretch 2:00pm Strength and Mobility WCY	3 8:30am Morning Stretch WCY 10:30am Step into Balance WCE 11:00am Walking Chair Workout WCE	4
5 	6 8:30am Morning Stretch WCY 9:45 Supervised open swim WPC 11:00am Step into Balance WCE 2:00pm Zumba (Chair Dance) WCE	7 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 11:15am Yoga WCO 2:00pm Stretch and Mobility WCY	8 8:30am Morning Stretch WCY 1030am MC Stretch/Strength 1:00pm Supervised open swim WPC 3:00pm Pedal America CR (Virginia)	9 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 2:00pm Strength and Mobility WCY	10 8:30am Morning Stretch WCY 10:30am Step into Balance WCE 11:00am Walking Chair Workout WCE 3:00pm Afternoon Tai Chi WCO	11
12	13 8:30am Morning Stretch WCY 9:45 Supervised open swim WPC 11:00am Step into Balance WCE 3:00pm Pedal America CR (Connecticut)	14 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 11:15am Yoga WCO 2:00pm Stretch and Mobility WCY	15 8:30am Morning Stretch WCY 1030am MC Stretch/Strength 1:00pm Supervised open swim WPC 3:00pm Pedal America CR (Tennessee)	16 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 2:00pm Strength and Mobility WCY	17 8:30am Morning Stretch WCY 10:30am Step into Balance WCE 11:00am Walking Chair Workout WCE 3:00pm Afternoon Tai Chi WCO	18
19	20 8:30am Morning Stretch WCY 9:45 Supervised open swim WPC 11:00am Step into Balance WCE 3:00pm Pedal America CR (Vermont)	21 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 11:15am Yoga WCO 2:00pm Stretch and Mobility WCY	22 8:30am Morning Stretch WCY 1030am MC Stretch/Strength 1:00pm Supervised open swim WPC 3:00pm Pedal America CR (Arkansas)	23 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30 AL Stretch 2:00pm Strength and Mobility WCY	24 8:30am Morning Stretch WCY 10:30am Step into Balance WCE 11:00am Walking Chair Workout WCE 3:00pm Afternoon Tai Chi WCO	25 WCO Outdoor Area Weather Permits, Classes May Be Moved Inside.
26	27 	28 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30am AL Stretch 11:15am Yoga WCO 2:00pm Stretch and Mobility WCY	29 8:30am Morning Stretch WCY 1030am MC Stretch/Strength 1:00pm Supervised open swim WPC 3:00pm Pedal America CR (Rhode Island)	30 8:30am Morning Stretch WCY 10:00am Aqua with Gina WCP 10:30 AL Stretch 2:00pm Strength and Mobility WCY	31 8:30am Morning Stretch WCY 10:30am Step into Balance WCE 11:00am Walking Chair Workout WCE 3:00pm Afternoon Tai Chi WCO	Key for Session Locations WCY Yoga Room WCE Exercise Room (Big Room) WCF Fitness Room WCO Outdoor Area WCP Pool CR Community Room AL Assisted Living MC Arbors

May Fitness Calendar

Class Descriptions

Morning Stretch

Class is done seated with an option to stand for a few stretches.

Nothing feels better than stretching your body first thing in the morning! This class includes basic stretching, Tai Chi, and Yoga movements. We use active and passive stretching with a variety of stretching methods to deepen your posture and improve flexibility, range of motion, and technique. We also focus on the breath and releasing tension throughout the body as you stretch. **Stretching classes are designed to help you improve your flexibility, range of motion, balance, and reduce stress.**

Chair Yoga

Class is done seated with a few optional standing poses.

Chair yoga is a gentle practice where postures are performed while seated and/or with the aid of a chair. The beauty of this practice lies in its adaptability, allowing everyone to explore yoga within their comfort level. This class offers individuals with mobility issues or those who find traditional yoga challenging, an opportunity to experience the multitude of benefits yoga has to offer. It is also a great form of yoga for anyone who wants to focus on a gentle practice. **Yoga is designed to improve flexibility, enhance strength, reduce the risk of falls, increase balance, reduce stress and anxiety, improve mental clarity, improve blood pressure, improve sleep, reduce chronic pain, and promote a healthy lifestyle.**

Tai Chi

Class is done standing but can be modified for persons in a chair.

Tai Chi class will focus on gentle, slow, and flowing rhythmic movements designed for relaxation and full body stretch and movement. You will learn basic Tai Chi moves that are easy to follow, while becoming aware of your breath and proper body alignment. **Tai Chi is designed to improve balance, posture, strength and reduce chronic pain.**

Stretch and Mobility

Class is done seated in a chair but can also be done standing.

This class focuses on enhancing your flexibility, stability, and posture with static and dynamic movements to increase mobility and range of motion. We will be using Yoga Balls, Blocks, and Straps to focus on movement and flexibility. This teaches the body to move the way it was meant to. This class also focuses on breath and releasing tension throughout the body as you stretch. **Stretch and mobility is designed to increase flexibility, range of motion and overall mobility.**

Strength and Mobility

Class is done seated in a chair but can also be done standing.

This Class is a total body workout with a focus on strengthening the core and limbs, while amplifying the body's movements. This class will improve overall balance, posture, muscle tone, and mobility. We will be learning how to move the body in a healthy way. This class combines upper, lower, and core strength with the use of dumbbells, bands, and various props. Weighted mobility incorporates weights or resistance bands during stretches to challenge your muscles. **Strength and Mobility is designed to help reduce pain, improve body awareness, and avoid injury by improving strength. It can also help to improve overall balance to access greater ranges of movement by using exercises aimed at improving mobility in all joints.**

Zumba (Chair Dance)

Class can be done seated or standing.

This beginner dance exercise needs no memorization. This is a high energy, seated dance-based exercise that can help preserve the ability to perform normal daily activities. Seated Dance Exercise combines music and movement for a challenging workout that doesn't feel like work at all. **This high energy Zumba chair dance class is designed to improve endurance, gait, balance, and brain-body connection.**

Step into Balance

Class is done mostly standing with the use of the balance bar or chair for support. It can be modified for persons using a chair.

In this balance class, we will go through a series of static and dynamic movements to help improve stability, coordination, and posture. It can also improve range of motion for joints and connective tissue by improving gait and mobility. This class focuses on improving overall balance and mobility for everyday life functions. **Step into Balance is designed to strengthen muscles while improving overall balance, which helps to prevent falls by improving body awareness.**

Aqua Aerobics

Class is held in our pool.

Aqua Aerobics focuses on low-impact exercises that takes pressure off the bones, joints, and muscles. Water offers natural resistance, which can help strengthen the muscles. This class will routinely use water dumbbells, noodles, and paddle boards to assist in activity. Aquatic exercise is a fun and effective way to stay fit while being easy on your body. **Aqua aerobics is designed to improve mobility, strength, and endurance. As well as heart health and overall physical health**

Pedal America

Class is done seated while using stationary peddlers.

This is a stationary pedaling class where we travel through Various countries around the world while pedaling. The Smithsonian channel "Aerial Series" travels through states, cities, and countries with an aerial view and a narrated story. **Peddling class focuses on improving mobility and endurance.**

