



AUGUST FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Town Hall Meeting-PP	2 9:00 Walking Group-L 9:40 Sit & Resist-PP 10:15 Posture & Balance PP 11:00 Wii Golf-PP	3 10:15 Chair Yoga- PP 11:00 Wii Bowling-PP	4 9:15 Guided Meditation-PP 9:40 Balance-PP 10:15 Total Body-PP	5 9:00 Walking Group-L 10:00 Sit & Resist- Fit	6
7	8 9:15 Guided Meditation-PP 9:40 Balance Class-PP 10:15 Chair Yoga-PP 11:00-Sit & Resist-PP	9 9:00 Walking Group-L 9:40 Sit & Resist-PP 10:15 Posture & Balance PP 11:00 Wii Golf-PP	10 10:15 Chair Yoga- PP 11:00 Wii Bowling-PP	11 9:15 Guided Meditation-PP 9:40 Balance-PP 10:15 Total Body-PP	12 9:00 Walking Group-L 10:00 sit and resist- Fit	13
14	15 9:15 Guided Meditation-PP 9:40 Balance Class-PP 10:15 Chair Yoga-PP 11:00-Sit & Resist-PP	16 9:00 Walking Group-L 9:40 Sit & Resist-PP 10:15 Posture & Balance PP 11:00 Wii Golf-PP	17 10:15 Chair Yoga- PP 11:00 Wii Bowling-PP	18 9:15 Guided Meditation-PP 9:40 Balance-PP 10:15 Total Body-PP	19 9:00 Walking Group-L 10:00 Sit & Resist -Fit	20
21	22 9:15 Guided Meditation-PP 9:40 Balance Class-PP 10:15 Chair Yoga-PP 11:00-Sit & Resist-PP	23 10:15 Chair Yoga Video-PP 11:00 Wii Golf-PP	24 10:15 Chair Yoga- PP 11:00 Wii Bowling-PP	25 9:15 Guided Meditation-PP 9:40 Balance-PP 10:15 Total Body-PP	26 9:00 Walking Group-L 10:00 Sit & Resist- Fit	27
28	29 9:15 Guided Meditation-PP 9:40 Balance Class-PP 10:15 Chair Yoga-PP 11:00-Sit & Resist-PP	30 9:00 Walking Group-L 9:40 Sit & Resist-PP 10:15 Posture & Balance PP 11:00 Wii Golf-PP	31 10:15 Chair Yoga- PP 11:00 Wii Bowling-PP			

Total Body - PP

This class is designed to engage all parts of the body for all fitness levels. A fully seated workout that can be done with or without added weight to fit the individual's fitness need and all movements can be modified to accommodate all abilities.

Sit & Resist! - PP

With a light weight resistance or your own body resistance, join me for slow and controlled movements to stimulate the muscles & gain strength while seated the entire class.

Balance - PP

Come join me in fall prevention exercises. This class is structured with chair supported standing exercises, or modified movements for those who prefer to sit, to practice balance and coordination.

Posture & Balance - PP

Starting off with valuable posture fixing stretches followed with chair supported standing exercises to practice balance and coordination. This is an all level all abilities class.

Guided Meditation-PP

One on One Training - FIT

Specialized one on one training in our FIT Room. These exercises may be ones your Physical Therapist has recommended for you, or use one of the exercise machines we have available in our Fitness Room, some guided meditation in a quiet room or maybe you want a walking partner.

Walking Group

Perfect post breakfast exercise! Walk your way to a healthier happier you by accompanying me for a walk through the hallways, or outside on nice weather days. Every step counts.

All classes are welcoming to all levels of fitness and abilities, all movements are able to be modified to fit you as an individual!

It's not about perfection, it's about effort
LET'S GET MOVING!