



Pool Schedule

Monday

5:00am-8:45am
Open

8:45am-9:30am
Water Aerobics
Class

10:00am-11:00
Water Walking

11:00am +
Open

Tuesday

5:00am-10:00am
Open

10:00am-11:00
Water Walking

11:00am+
Open

Wednesday

5:00am-8:45am
Open

8:45am-9:30am
Water Aerobics
Class

10:00am-11:00
Water Walking

11:00am+
Open

Thursday

5:00am-10:00am
Open

10:00am-11:00
Water Walking

11:00am+
Open

Friday

5:00am-8:45am
Open

8:45am-9:30am
Water Aerobics
Class

10:00am-11:00
Water Walking

11:00am+
Open

Drop-ins welcome for the Water Aerobic class. Open times are time available for all pool use.



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:45am-10:30am PrimeFit	9:00am-9:30am Core Balance	9:45am-10:30am PrimeFit	9:00am-9:30am Core Balance	9:45am-10:30am PrimeFit
10:30am-11:00am Functional Fitness	9:30am-10:00am Strong Bones	10:30am-11:00am Functional Fitness	9:30am-10:00am Strong Bones	10:30am-11:00am Functional Fitness
1:00-2:00pm Line Dancing with Colleen	10:30am-11:05am Fit Circuit	2:00pm-2:45pm Parkinson's Class	10:30am-11:05am Fit Circuit	
2:45pm-3:30pm Yoga with Stacey	2:00pm-3:00 pm Tai Chi with George	2:45pm-3:30pm Yoga with Stacey	2:00pm-3:00 pm Tai Chi with George	



CLASS DESCRIPTIONS

Functional
& Fitness

This light aerobics class is designed to increase flexibility, strength and endurance. The exercises are done predominantly seated with the use of bands, balls, and dumbbells.

CORE
Balance

Focus on building abdominal muscles. Using bodyweight and a large stability ball, there is a mix of exercises geared to build core strength. Added core strength helps alleviate back pain and improve balance.

Strong
Bones

The Strong Bones class is designed to maintain and develop bones health using low impact movements, light resistance and gentle stretching. This class has no bending and twisting movements at the waist and focus on the legs, hips and wrists. Residents managing arthritis are encouraged to join.

WATER
AEROBICS

Water exercise class emphasizing muscle toning, stretching, and cardiovascular exercise. Utilizes the water for resistance. A great class for improving balance and coordination.

Yoga

Gentle yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

Tai Chi

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Great for building strength and improving balance.

LINE DANCING

Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance.

FitCircuit

FitCircuit is a great way to get a quick, high intensity workout in. Transitioning from station to station, you will attain a full body workout in a 30-minute time period.

Prime
Fit

Fitness class designed to increase balance, coordination, muscular strength and cardiovascular endurance. Class is spent standing and moving around while performing exercises with the use of the bands, balls, and dumbbells.

P

Join us in this 45 minute class designed to include big exaggerated movements and periods of high intensity intervals , all aimed to help alleviate the movement patterns that can change throughout your journey of Parkinson's.

If you are interested in having an individualized exercise plan designed to meet your personal needs and goals, please contact the Wellness Coordinators at 503-375-5905 to schedule.