

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:15 am Strength Training *No Class 6/11	9:30 - 10:15 am <b>Aquasize</b>	9:30 - 10:15 am Strength Training		9:30 - 10:15 am Strength Training	
		10:00 am Shuffle Board			10:00 - 10:45 am Chair Exercise: Cardio
10:30 - 11:15 am Balance and Core *No Class 6/11		10:30 - 11:00 am Mix it up!	10:30 - 11:15 am Chair Yoga	10:30 - 11:15 am Better Balance	
	11:00 am - 12:00 pm Trail Walk		10:30 - 11:15 am Total Body Circuit *No Class 6/21		11:00 - 11:45 am <b>Aquasize</b>
11:30 am - 12:15 pm Chair Exercise: Cardio *No Class 6/11	11:30 am - 12:15 pm Chair Exercise: Balls and Bands	11:30 am - 1:00 pm Healthy Cooking *No Class 6/6	11:30 am - 12:15 pm Chair Exercise: Weights	11:30 am - 12:15 pm Chair Exercise *No Class 6/15	
			11:30 am - 12:30 pm Gentle Yoga	12:15 - 12:45 pm Fitness Experience Appointment Only	12:00 - 1:00 pm Open Gym / Q & A
1:00 - 1:45 pm Tai Chi					
1:30 - 2:15 pm <b>Fun and Games (Health Center)</b>	1:30 - 2:15 pm <b>Chair Ex (Pine Room)</b>	1:30 - 2:00 pm <b>Cardio Dance (Pine Room)</b>	1:30 - 2:00 pm <b>Cardio Dance (Health Center)</b>		
2:30 - 3:30 pm Open Gym / Q & A	2:30 - 3:30 pm Open Gym / Q & A	2:30 - 3:30 pm Open Gym / Q & A	2:30 - 3:30 pm Open Gym / Q & A		

**Black = Independent Living Class**  
**Green = Care Services Neighborhood**  
**Blue = Water Based Class**

## HEALTHY COOKING CLASSES

**June 13th**  
Banana Pancakes

**June 20th**  
Sesame Chicken with Broccoli

**June 27th**  
Cheeseburgers on Cloud Bread Buns

**ANNE HIGGINS**  
Wellness Director  
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## CLASS DESCRIPTIONS

**Aquasize:** This is a moderate aquatic class working the entire body. Workouts include water jogging, stretching and resistance movements. Class in Pool.

**Better Balance:** Good balance requires reliable sensory input from your eyes, ears and proprioceptors (sensors of position and movement) Balance is also dependent on good muscle strength and mobility. This class is designed to challenge these mechanisms to improve your balance using easy to follow seated exercises and standing exercises using a hand rail for support. Class in Auditorium.

**Chair Exercise:** This chair based exercise class works everything from your head to your toes; including stretches, aerobics and strength training. This informal, fun class encourages everyone to work at their own pace. Each day offers a different focus: Cardio, weight training, or ball exercises. Walkers, wheelchairs and scooters welcome. Class in auditorium.

**Chair Yoga:** A relaxing chair workout that unites mind, body and breath. This class helps strength, flexibility and proper body alignment, circulation, and lung capacity. Class in the pavilion.

**Cardio Dance:** Get in the groove with this fun, chair based dance class. Get a great

cardio workout to the beat of your favorite tunes! Class is in Pine Room.

**Gentle Yoga:** Present's an introduction to basic yoga poses. Focus will be stretching and coordination to movement, Suitable for people new yoga. Class is in Pavillion.

**Mix it up!:** Every week is different in this class! We will do a variety of class formats and learn to use new and different pieces of equipment. Anne will post what is being offered each week.

**Strength Training:** This class is designed to build upper and lower body strength. Free weights and resistance bands will be used. Upper body exercises may be done in a seated or standing position. Lower body exercises are done in a standing position using chair support. Class in Auditorium.

**Tai Chi:** Learn Slow, methodical movements that flow together to improve balance, strength, blood flow and range of motion for the joints. Class is in the Reis room.

**Total Body Circuit:** This class is designed for those who like to keep moving! A great mixture of standing and seated exercises, cardio and strength and low to high intensities. The class is in a timed station format, with group core and stretching at the end of class.

## JUNE FITNESS NEWS

**Shuffle Board club** will meet **every Wednesday** (weather permitting) **in the courtyard** for a friendly tournament every week. Don't know how to play? Don't worry! You will be paired with an experienced player that can teach you.

**Reiki 101:** EstRa April D'Amato will discuss what Reiki is, its benefits, and lead the group in a calming meditation. **June 6<sup>th</sup> 3:00pm in the Pavilion.**

### Class of the Month MIX IT UP!

Every week is different in this class! We will do a variety of class formats and learn to use new and different pieces of equipment. This class is offered on Wednesdays at 10:30 am in the Auditorium. This month's classes include:

**June 6<sup>th</sup>: Cardio Flow:** A chair based or Chair assist class that works on building up endurance. The class begins with 2 exercises in a row and works up to 10.

**June 13<sup>th</sup>: Pull and Glide:** Using round plates, we will work on leg strength and with towels with will work on upper body strength

**June 20<sup>th</sup> Noodlesize:** Pool noodles are not just for the water! Use the noodle for creative core and stretching exercises.

**June 27<sup>th</sup> Fit from the Core:** Not just sit ups! We will work the muscles of the abdomen, back, and hips. Having a strong core is essential for balance and endurance.



*The Evergreen Woods Fitness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life®!*



**EVERGREEN  
WOODS**

**June 2018**

**FITNESS SCHEDULE**