



# August 2018

# FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 - 9:45 am</b> Strength Training *No Class 8/27	<b>9:00 - 9:45 am</b> Aqua Kick!	<b>9:00 - 9:45 am</b> Strength Training *No class 8/8	<b>9:00 - 9:45 am</b> Aqua Walk and Balance	<b>9:00 - 9:45 am</b> Strength Training
		<b>10:00 - 10:45 am</b> Aqua Balance and Strength *No class 8/8 or 8/22	<b>10:00 - 10:45 am</b> Total Body Circuit *No class 8/16	<b>10:00 - 10:45 am</b> Better Balance
<b>10:00 - 10:45 am</b> Balance and Core		<b>10:00 am</b> Shuffle Board	<b>10:30 - 11:15 am</b> Chair Yoga	<b>10:00 - 10:45 am</b> Aquasize
	<b>10:30 - 11:00 am</b> Just the Core	<b>11:00 am</b> Trail Walk	<b>11:00 am - 11:45 am</b> Chair Exercise: Weights	<b>10:45 - 11:30 am</b> Aqua Walk and Talk
<b>11:00 am - 11:45 am</b> Chair Exercise: Cardio	<b>11:00 am - 11:45 am</b> Chair Exercise: Balls and Bands			<b>11:00 - 11:45 am</b> Chair Exercise
		<b>11:30 am - 1:00 pm</b> Healthy Cooking *No class 8/8 or 8/22	<b>11:30 am - 12:30 pm</b> Gentle Yoga	
<b>12:30 - 2:30 pm</b> Fitness Room Q & A			<b>12:30 - 2:30 pm</b> Fitness Room Q & A	
<b>1:30 - 2:30 pm</b> Tai Chi (Reis)	<b>2:30 - 3:00 pm</b> Strong Legs (FIT)			
<b>2:30 pm</b> Wellness Hot Topics (Boardroom) *No Class 8/20	<b>3:30 - 4:30 pm</b> Fitness Assessments *No Class 8/7	<b>2:30 - 3:15 pm</b> Total Body Circuit (FIT)	<b>2:30 - 3:30 pm</b> Top Half Tune Up (FIT)	

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

## HEALTHY COOKING CLASSES

**August 1st**  
Cowboy Pasta Salad

**August 15th**  
Lentil Patties

**August 29th**  
Zucchini Boats

## ANNE HIGGINS

Wellness Director  
203-483-3249

## AMBER PINTO

Fitness Specialist  
203-483-3234

## CLASS DESCRIPTIONS

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

**Aqua KICK!:** This aquatic class offers a quick paced workout. Go through a series of movements to really move your arm and legs and get your heart rate up! A great mix of cardiovascular, resistance and balance movements. Class in pool.

**Aqua Balance and Strength:** A gentle aquatic class that allows for more precise and concentrated moves in the water. Dynamic and Static balance moves are combined with light resistance exercises.

**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.

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

**Just the Core:** This quick 30 minute workout will challenge the muscles in your abdomen and lower back using a combination of seated and standing exercises. Class is in Auditorium.

**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.

**Strong Legs/Top Half Tune up:** These 30 minute classes focus on one half of the body. Focus on the body parts you really need to strengthen. Classes are in Fitness Room.

**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. On Wednesdays this class is in the Fitness Room. On Thursdays it is in the Auditorium.

## AUGUST FITNESS NEWS

### Welcome Amber Pinto

We would like to welcome our new Fitness Specialist, Amber Pinto! Amber has just graduated with her Bachelor of Science in Exercise Science from Sacred Heart University. Amber will be teaching many classes in our Care Services areas and some in Independent Living. Amber will also be available throughout the week to schedule personal appointments in the fitness room. Please stop by the fitness center and say "Hello" to Amber!

### New Class Extravaganza!

From August 1st-10th (and all of August!) Anne and Amber encourage you to try all the new classes being offered! Special events and giveaways will take place during select classes. If you are unsure of what a class entails, never hesitate to ask Anne or Amber.. We are very excited to try these new routines with you!

### Fitness Assessments

Stop by the Fitness Center on Tuesday afternoons from 3:00-4:30 for a fitness assessment. Anne can test your balance, agility, flexibility or strength and create a personalized fitness routine. Anne and Amber are also available at other times to set up a fitness assessment. Please call Anne to schedule an appointment.

*Smoothie Day!*

IT'S BACK!  
Thursday, August 9th  
from 9:00-10:30am in the  
club room.



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

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