

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45 am Strength Training	9:00 - 9:45 am Aqua Kick!	9:00 - 9:45 am Strength Training	9:00 - 9:45 am Aqua Walk and Balance	9:00 - 9:45 am Strength Training
		10:00 - 10:45 am Aqua Balance and Strength	10:00 - 10:45 am Total Body Circuit *No class 10/18	10:00 - 10:45 am Better Balance
10:00 - 10:45 am Balance and Core		10:00 am Shuffle Board	10:30 - 11:15 am Chair Yoga	10:00 - 10:45 am Aquasize
	10:30 - 11:00 am Just the Core	11:00 am Trail Walk	11:00 am - 11:45 am Chair Exercise: Weights	10:45 - 11:30 am Aqua Walk and Talk
11:00 am - 11:45 am Chair Exercise: Cardio	11:00 am - 11:45 am Chair Exercise: Balls and Bands			11:00 - 11:45 am Chair Exercise
		11:30 am - 1:00 pm Healthy Cooking	11:30 am - 12:30 pm Gentle Yoga	
12:30 - 2:30 pm Fitness Room Q & A			12:30 - 2:30 pm Fitness Room Q & A	
1:30 - 2:30 pm Tai Chi (Reis)	2:30 - 3:00 pm Strong Legs (FIT)			
2:30 pm Wellness Hot Topics (Boardroom)	3:30 - 4:30 pm Fitness Assessments	2:30 - 3:15 pm Total Body Circuit (FIT)	2:30 - 3:30 pm Top Half Tune Up (FIT)	

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

HEALTHY COOKING CLASSES

October 3rd
Sugar Pork and Apples

October 17th
Butternut Squash Sheet Pan Lunch

October 31st
Pumpkin Mac and Cheese

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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.

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.

OCTOBER FITNESS NEWS

Wellness Special Events

October 4th: Golf Day

During Total Body Circuit and Chair Exercise we will be sampling exercises from the fitness routines of famous golfers!

October 11th: Evergreen Woods Anniversary

We are celebrating our 27th year! To celebrate, we are taking a trip back to the 90's for all our Fitness Classes! Do you remember any of these fitness trends?

9:00: Classic Water Aerobics

10:00: Total Body Circuit- 90's edition
8 Min Abs, Arms, Legs, and Buns of Steel

11:00: "Tae Bo" (can be done seated or standing)

October 15th

9:00-9:20am AND 11:00-11:20 am Sample a new class: "DRUM FIT".

This class is for all levels and can be done seated or standing. You will be moving, dancing, and laughing the whole class! Using foam "Drum sticks" you can bang, tap, march and dance your stress away!

(After the preview we will continue the regularly scheduled class)

October 25th: Octoberfest Day

10:00: Total Body Circuit: Brew-cize!

11:00: Chair Exercise: The Pumpkin Workout

12:00-2:00: Join the programming team in the auditorium for some more Octoberfest inspired games!



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**

October 2018

FITNESS SCHEDULE