

REVITALIZEWellness

Independent Living Daily Fitness Schedule

Monday		Tuesday		Wednesday	Thursday		Friday	Saturday	
Morning Express Stretch East 8:45 - 9:05 AM		Morning Express Stretch East 8:45 - 9:05 AM		Morning Express Stretch East 8:45 - 9:05 AM	Morning Express Stretch East 8:45 - 9:05 AM				
Video Exercise West 9 - 9:30 AM		Water Aerobics Pool 9 - 9:45 AM	Video Exercise West 9 - 9:30 AM	Video Exercise West 9:00 - 9:30 AM	Water Aerobics Pool 9:00 - 9:45 AM	Video Exercise West 9 - 9:30 AM			
Ageless Grace East 9:30 - 10 AM			Silver Sneakers: Strength East 9:30 - 10:15 AM	Silver Sneakers: Stability East 9:30 - 10:15 AM			Silver Sneakers: Strength East 9:30 - 10:15 AM		Marquette Fitness Series East 9:30 - 10:15 AM
				Zoo Walk with Claire E. Lobby 10:30 - 11:30 AM	Balance Basics East 10:30 - 11 AM				
Ageless Grace West 1:30 - 2:00 PM		Silver Sneakers: Chair Yoga West 1:30 - 2:15 PM		Ageless Grace West 1:30 - 2 PM	Silver Sneakers: Chair Yoga West 1:30 - 2:15 PM				
				Yoga Flow/Mat Based East 2:30 - 3:15 PM			Taijiquan Class East 2:00-3 PM		
Afternoon Water Aerobics Pool 4:45 PM				Afternoon Water Aerobics Pool 4:45 PM			For more information call: Jenny Zimpel in Revitalize Wellness (414)-259-4547		
Pool Daily Schedule Pool Hours 5:00 AM - 9:00 PM Daily Closed for cleaning Fridays 7-11 AM Water Aerobics Tues & Thurs 9 AM Wed 4:45 PM Lap Swimming Daily 8-9 AM Mon-Sat 1-2 PM Water Walking (No Jets) Daily 10:30-11:30 AM Mon-Sat 2-3 PM Resistance Walking (With Jets) Mon-Fri 11:30 -12:30 PM			OPPORTUNITIES FOR HEALTHY LIVING						
			Wellness Center Orientation (Complimentary)		One-on-One Fitness Coaching (Fee: \$30 per 30-minute session)		Fitness Testing (Complimentary)		
			Get started on your wellness journey with a personalized introduction to our Fitness Center and Pool! Our friendly staff will walk you through our state of the art equipment, explain how to join our fitness classes, and answer any questions you may have. This is also the time to complete your Wellness Center waivers, so you’re all set to begin. Come explore, get comfortable, and take the first step toward a stronger, healthier you!		Take your fitness to the next level with personalized, one-on-one coaching! Work directly with our Senior Fitness Instructor to create a customized program and schedule designed around your goals. You’ll receive expert guidance on proper form and technique, learn new exercises to keep your workouts fresh, and build the strength and confidence to improve your functional independence. Invest in yourself, your health and well-being are worth it!		Take advantage of this free opportunity to learn more about your balance, strength, and endurance. Our friendly fitness team will guide you through simple tests that highlight your current abilities and identify areas to build on. You’ll also receive personalized suggestions for fun, effective activities to help you improve your functional fitness and maintain your independence. Come see where you shine and take the next step toward a stronger, healthier you!		