



Independent Living Daily Fitness Schedule

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	
Morning Express Stretch East 8:30–8:50AM	Morning Express Stretch East 8:30–8:50AM		Morning Express Stretch East 8:30–8:50AM	Morning Express Stretch East 8:30–8:50 AM		Morning Express Stretch East 8:30–8:50 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	Stability & Strength East 9 - 9:45 AM			Silver Sneakers: Strength East 9:30 - 10:15 AM	Yoga Flow/Mat Based East 9:30 - 10:15 AM	Marquette Fitness Series East 9:30 - 10:15 AM
			Zoo Walk E. Lobby 9:30 a.m. - 10:30 a.m.	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				
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 AM-12:30 PM

OPPORTUNITIES FOR HEALTHY LIVING

Wellness Center Orientation

(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!

One-on-One Fitness Coaching

(Fee: \$30 per 30-minute session)

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!

Fitness Testing

(Complimentary)

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!

Morning Express Stretch- Start your day off right! Increase mobility, improve posture and functional movements and ease joint/muscle pain.

Duration: 20 minutes	Body Focus: All
Location: East Residence	Intensity: Beginner, Light
Class Type: Stretch, Recovery	Equipment Provided: Chair, Mat

Silver Sneakers Strength - This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Beginner- Intermediate
Class Type: Strength, Cardio	Equipment Provided: Chair, Hand Weights, Tubing

Silver Sneakers stability- focused on improving balance, this standing class uses chair support to improve joint mobility, core strength and body balance to prevent falls

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Beginner- Intermediate
Class Type: Balance, Mobility	Equipment Provided: Chair, Hand Weights, Ball, Tubing

Balance Basics- focused on beginning balance, this seated and standing class uses chair support to improve joint mobility, core strength and body balance to prevent falls

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Beginner
Class Type: Balance, Mobility	Equipment Provided: Chair, Hand Weights, Ball, Tubing

Ageless Grace- Join our brain health program that fires neurons in your brain through physical movement. With use of 21 tools and practiced in a seated position, we stimulate all 5 primary functions of the brain. Get physical benefits with movement to decrease pain, increase range of motion and have fun!!!

Duration: 30 minutes	Body Focus: All
Location: East and West Residence	Intensity: Beginner- Light
Class Type: Cognition, Balance, Strength	Equipment Provided: Chair

Silver Sneakers Chair Yoga- Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Duration: 45 minutes	Body Focus: All
Location: West Residence	Intensity: Beginner- Intermediate
Class Type: Restorative, Flexibility, Strength	Equipment Provided: Chair, strap, Blocks

Yoga flow – Restore your spirit, mind and body. In this Hatha Yoga class, postures are practiced to align, strengthen and promote flexibility. Breathing techniques and meditation are also integrated. You can expect simplicity, repetition, and ease of movement. Floor work included.

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Beginner- Intermediate
Class Type: Restorative, Flexibility, Strength, Balance	Equipment Provided: Yoga mat, Strap, Blocks

Water Aerobics- A fun, shallow-water exercise class suitable for all skill levels with focus on intermediate level of intensity. The pool provides many benefits when used for aerobic exercises and resistance training

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Intermediate
Class Type: Cardio, Resistance, Strength	Equipment Provided: Silver Sneakers Ball, Noodles, Water shoes recommended (not provided)

Casual Cardio- A fun Class to increase cardiovascular health and get your steps in! While standing or seated in a chair, you can get up to 5,000 steps in a class. This class is Video and Instructor led.

Duration: 45 minutes	Body Focus: All
Location: East Residence	Intensity: Intermediate