



# Independent Living Daily Fitness Schedule

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

## **Water Walking (No Jets)**

## Lap Swimming

Daily | 8-9 AM  
Mon-Sat | 1-2 PM

## **Resistance Walking (With Jets)**

## **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!

## OPPORTUNITIES FOR HEALTHY LIVING

## **One-on-One Fitness Coaching**

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!