

REVITALIZE

Wellness

# Independent Living Daily Fitness Schedule

Monday	Tuesday		Wednesday	Thursday	
Morning Express Stretch East from 8:45-9:05am	Morning Express Stretch East from 8:45-9:05am		Morning Express Stretch East from 8:45-9:05am	Morning Express Stretch East from 8:45-9:05am	
Video Exercise West from 9:00-9:30am	Water Aerobics Pool from 9:00-9:45am	Video Exercise West from 9:00-9:30am	Video Exercise West from 9:00-9:30am	Water Aerobics Pool from 9:00-9:45am	Video Exercise West from 9:00-9:30am
Ageless Grace East from 9:30-10:00am		Silver Sneakers: Strength East from 9:30-10:15am	Silver Sneakers: Stability East from 9:30-10:15am		Silver Sneakers: Strength East from 9:30-10:15am
			Zoo Walk with Claire E. Lobby from 10:30-11:30am	Balance Basics East from 10:30-11:00am	
Ageless Grace West from 1:30-2:00pm	Silver Sneakers: Chair Yoga West from 1:30-2:15pm		Ageless Grace West from 1:30-2:00pm	Silver Sneakers: Chair Yoga West from 1:30-2:15pm	
			Yoga Flow/Mat Based East from 2:30-3:15		
Afternoon Water Aerobics Pool at 4:45pm			Afternoon Water Aerobics Pool at 4:45pm		
Pool Daily Schedule  Pool Hours 5:00 am - 9:00 pm Daily Closed for cleaning Fridays 7am-11am	Water Aerobics Tuesday & Thursday at 9:00am Wednesdays, at 4:45 pm  Lap Swimming Daily from 8:00-9:00 am Monday-Saturday from 1-2:00pm  Water Walking (No Jets) Daily 10:30-11:30 am Monday-Saturday from 2-3:00pm  Resistance Walking (With Jets) Monday-Friday 11:30 am-12:30pm		Opportunities for Healthy Living		
			Wellness Center Orientation (Complimentary)  Work with our Staff to become oriented to our fitness center and pool. We will give you an overview of our state of the art equipment and how to join our fitness classes. Waivers for use of Wellness Center will be completed at this time.	One-On-One Coaching (Fee \$30 per 30 min session)  Work one on one with our Senior Fitness Instructor to develop a fitness program and schedule that will assist you in your fitness goals. We will ensure you are performing exercises with good form and technique, as well as introduce new exercises	Fitness Testing (Complimentary)  This is an opportunity to have fitness testing in balance, and upper body and lower body strength as well as endurance. We will help guide with suggestions for fitness activities to participate in to improve functional fitness and independence.
			For more information call: Revitalize Wellness (414)-259-4547		