

REVITALIZEWellness

Independent Living Daily Fitness Schedule

| Monday                                                                                                     | Tuesday                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                            | Thursday                                             |                                                     | Friday                                             | Saturday |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|----------|
| Morning Express Stretch<br>East   8:45 - 9:05 AM                                                           | Morning Express Stretch<br>East   8:45 - 9:05 AM     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Morning Express Stretch<br>East   8:45 - 9:05 AM     | Morning Express Stretch<br>East   8:45 - 9:05 AM     |                                                     |                                                    |          |
| Video Exercise<br>West   9 - 9:30 AM                                                                       | Water Aerobics<br>Pool   9 - 9:45 AM                 | Video Exercise<br>West   9 - 9:30 AM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Video Exercise<br>West   9:00 - 9:30 AM              | Water Aerobics<br>Pool   9:00 - 9:45 AM              | Video Exercise<br>West   9 - 9:30 AM                |                                                    |          |
| Ageless Grace<br>East   9:30 - 10 AM                                                                       |                                                      | Silver Sneakers: Strength<br>East   9:30 - 10:15 AM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Silver Sneakers: Stability<br>East   9:30 - 10:15 AM |                                                      | Silver Sneakers: Strength<br>East   9:30 - 10:15 AM | Marquette Fitness Series<br>East   9:30 - 10:15 AM |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Zoo Walk with Claire<br>E. Lobby   10:30 - 11:30 AM  | Balance Basics<br>East   10:30 - 11 AM               |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
| Ageless Grace<br>West   1:30 - 2:00 PM                                                                     | Silver Sneakers: Chair Yoga<br>West   1:30 - 2:15 PM |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Ageless Grace<br>West   1:30 - 2 PM                  | Silver Sneakers: Chair Yoga<br>West   1:30 - 2:15 PM |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     | Taijiquan Class<br>East   2:00-3 PM                |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Yoga Flow/Mat Based<br>East   2:30 - 3:15 PM         |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
| Afternoon Water Aerobics<br>Pool   4:45 PM                                                                 |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Afternoon Water Aerobics<br>Pool   4:45 PM           |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
| Pool Daily Schedule<br><br>Pool Hours   5:00 AM - 9:00 PM   Daily<br>Closed for cleaning   Fridays 7-11 AM |                                                      | Opportunities for Healthy Living                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      | <div><div>Water Aerobics<br/>Tues &amp; Thurs   9:00 AM<br/>Wednesdays   4:45 PM</div><div>Lap Swimming<br/>Daily   8-9:00 AM<br/>Mon - Sat   1-2:00 PM</div><div>Water Walking (No Jets)<br/>Daily   10:30-11:30 AM<br/>Mon-Sat   2-3:00 PM</div><div>Resistance Walking (With Jets)<br/>Mon-Fri   11:30 am-12:30pm</div></div> <div><div>Wellness Center Orientation<br/>(Complimentary)</div><div>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.</div></div> <div><div>One-On-One Coaching<br/>(Fee \$30 per 30 min session)</div><div>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.</div></div> <div><div>Fitness Testing<br/>(Complimentary)</div><div>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.</div></div> |                                                      |                                                      |                                                     |                                                    |          |
|                                                                                                            |                                                      | For more information call: Jenny Zimpel in Revitalize Wellness (414)-259-4547                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                      |                                                      |                                                     |                                                    |          |