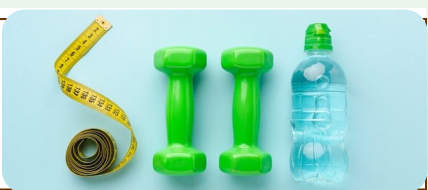




# 2025 Brookridge Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Sleepy Sundays</b> A day of rest. Relax Read Restore energy	<b>Motivation Mondays</b> Fresh start to the week. Move Meditate Make a plan	<b>Toning Tuesdays</b> Work the muscles. Tone Train Test your abilities	<b>Wellness Wednesdays</b> Wellness = many things. Wholeness Wisdom Well-being	<b>Thirsty Thursdays</b> Stay hydrated. Think water Thoughtful flavors Thankfulness	<b>Foodie Fridays</b> You are what you eat. Foods that satisfy Foods that heal Foods that nourish	<b>Stress-free Saturdays</b> Strive for balance. Stay relaxed Strong focus Steady breathing
10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation	<b>Walking Club (1st Tuesday of e/month) resumes September</b> 9:30am *PowerBall 10am Massage w/Sumner 1:30pm Flex & Flow (chair) 2:00pm *Mat Yoga 3:30pm Cardio Drum w/Dana-S	9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 10am Massage w/Sumner 1:30pm Balance Class	9:30am *PowerBall <b>12pm Hydration Station—drink an extra cup of water-L</b> 1:30pm Sit n Fit 2pm *Mat Yoga	9am Stretcherize 10am AquaFit—P 11:30am Eat Well, Live Well (recipe share)- AR 1:30pm QiGong/Tai Chi 2pm Cornhole 4pm Community Chat—L	10am Water walking every Saturday– P (Resident led)  <u>Note * indicates advanced class level</u>
10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation	9:30am *PowerBall 10am Massage w/Sumner 1:30pm Flex & Flow (chair) 2:00pm *Mat Yoga 3:30pm Cardio Drum w/Dana-S	9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 10am Massage w/Sumner 1:30pm Balance Class 2pm Bible Study– FA	9:30am *PowerBall <b>10:15am Woof Walks—Reynolda-O (resumes in Sept)</b> <b>12pm Hydration Station—drink an extra cup of water-L</b> 1:30pm Sit n Fit 2pm *Mat Yoga	9am Stretcherize 10am AquaFit—P 11:30am Eat Well, Live Well (recipe share)-AR 1:30pm QiGong/Tai Chi 2pm Cardio Drum w/Tiffany 4pm Community Chat—L	<b>Class Locator</b> All classes in Feezor Auditorium unless noted. AR = Activity Room S = Solarium L = Lobby P = Pool
10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation	9:30am *PowerBall 10am Massage w/Sumner 1:30pm Flex & Flow (chair) 2:00pm *Mat Yoga 3:30pm Cardio Drum w/Dana-S	9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 10am Massage w/Sumner 1:30pm Balance Class	9:30am *PowerBall <b>12pm Hydration Station—drink an extra cup of water-L</b> 1:30pm Sit n Fit 2pm *Mat Yoga	9am Stretcherize 10am AquaFit 11:30am Eat Well, Live Well (recipe share)-AR 1:30pm QiGong/Tai Chi 2pm Cornhole 4pm Community Chat—L	<i>Wellness is Mind/Body/Spirit</i>  See Dana Reynolds, Wellness Director for more information.
10:15am College Park Church Pickup 11am First on Fifth Live Stream 6pm Vespers—FA	9am Stretcherize 10am AquaFit—P 1:30pm Balance Class 2pm Cornhole 4:15pm Meditation	9:30am *PowerBall 10am Massage w/Sumner <b>10:30am Putting Green Game (last Tuesday of e/month)</b> 1:30pm Flex & Flow (chair) 2:00pm *Mat Yoga 3:30pm Cardio Drum w/Dana-S	9-12 IL Clinic—6th floor 9am Stretcherize 10am Aqua Fit—P 10am Massage w/Sumner 1:30pm Balance Class 2pm Bible Study– FA	9:30am *PowerBall <b>10:15am Woof Walks—Reynolda-O (resumes in Sept)</b> <b>12pm Hydration Station—drink an extra cup of water-L</b> 1:30pm Sit n Fit 2pm *Mat Yoga	9am Stretcherize 10am AquaFit—P 11:30am Eat Well, Live Well (recipe share)-AR 1:30pm QiGong/Tai Chi 2pm Cardio Drum w/Tiffany 4pm Community Chat—L	