

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gordon Physical Therapy</b> Please call 509.892.5442 to schedule 	9:30-10:00 Water Walking 1 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10-10:45 Zumba 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour <small>All Fools Day</small>	9:30-10 Group Walk 2 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga	9:30-10:00 Water Walking 3 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 4 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> *No Stretch & Stability	9:30-10:00 Water Walking 5 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10:30 am Cardio Drumming 11-12 Staffed Gym/Equipment Orientation 1-2 Staffed Pool Hour	7 am-7 pm Buddy Swim 6
7 am-7 pm Buddy Swim 7	9:30-10:00 Water Walking 8 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10-10:45 Zumba 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 9 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga	9:30-10:00 Water Walking 10 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 11 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch & Stability	9:30-10:00 Water Walking 12 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10:30 am Cardio Drumming 11-12 Staffed Gym/Equipment Orientation 1-2 Staffed Pool Hour	7 am-7 pm Buddy Swim 13
7 am-7 pm Buddy Swim 14	9:30-10:00 Water Walking 15 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10-10:45 Zumba 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 16 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga	9:30-10:00 Water Walking 17 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 18 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch & Stability	9:30-10:00 Water Walking 19 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10:30 am Cardio Drumming 11-12 Staffed Gym/Equipment Orientation 1-2 Staffed Pool Hour	7 am-7 pm Buddy Swim 20
7 am-7 pm Buddy Swim 21	9:30-10:00 Water Walking 22 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10-10:45 Zumba 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour <small>Passover Begins Earth Day</small>	9:30-10 Group Walk 23 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga	9:30-10:00 Water Walking 24 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour <small>Administrative Professionals Day</small>	9:30-10 Group Walk 25 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch & Stability	9:30-10:00 Water Walking 26 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance *No Cardio Drumming 11-12 Staffed Gym/Equipment Orientation 1-2 Staffed Pool Hour <small>Arbor Day</small>	7 am-7 pm Buddy Swim 27
7 am-7 pm Buddy Swim 28	9:30-10:00 Water Walking 29 10:00-10:40 Aqua Gentle 10:45-11:30 Aqua Strength for Balance 10-10:45 Zumba 11-12 Staffed Gym/Equipment Orientation 11:30 Fit & Fun Circuit 1-2 Staffed Pool Hour	9:30-10 Group Walk 30 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga	 <h1>April 2024</h1> <h2>Wellness Calendar</h2> 			

Light Assist residents may only attend Wellness classes and staffed gym/pool hours after being assessed and cleared by the Wellness Manager.

## Wellness Class Descriptions and Locations

Classes are scored based on their level of exertion:

**Level 1:** Low Intensity, gentle class.

**Level 2:** Moderate intensity with modifications offered.

**\*\*Level 3:** Low to Moderate intensity while remaining in a standing position; modifications offered.

**\*\*MUST** see wellness staff before attending.

**Functional Fitness:** Light-moderate intensity cardio with a series of strength exercises designed to simulate everyday activity. Develop endurance and improve functionality. **Level 2, Wellness Studio, 2<sup>nd</sup> floor**

**Zumba:** Easy dance moves accompanied by fun and upbeat music, all done while comfortably seated and taught by Zumba Gold certified instructor Jerry Kilmer. **Level 2, Wellness Studio, 2<sup>nd</sup> floor**

**Water Walking:** Independent walking. Gentle movements increasing joint flexibility, range of motion and restoring or maintaining muscular strength. **Level 1, Pool, 1<sup>st</sup> floor Wellness Center**

**New! Aqua Gentle:** This is a slower paced class that moves joints and muscles to relieve pain through body awareness, flexibility and gentle strengthening exercises. **Level 1, Pool, 1<sup>st</sup> floor Wellness Center**

**New! Aqua Strength for Balance:** Use water to strengthen muscles and stabilize joints for better balance and mobility throughout the day. Functional movement and fall prevention are emphasized in this class. **Level 2, Pool, 1<sup>st</sup> floor Wellness Center**

**Group Walks:** A light stroll around Evergreen Fountain property. Walking at a pace that is enjoyable while increasing joint flexibility, range of motion and restoring or maintaining muscular strength. **Level 1, Meet in IL Lobby**

**Chair Yoga:** Gentle, low-impact class designed to help improve flexibility, decrease pain/stiffness, as well as improve breathing and circulation. **Level 1, Wellness Studio, 2<sup>nd</sup> floor**

**Cardio Drumming:** This unique program uses movement through drumming to benefit both the mind and body. It's easy and fun! **Level 1, Wellness Studio, 2<sup>nd</sup> floor**

**Stretch & Stability:** Improve flexibility and reduce stress while also working on balance. **Level 1, Wellness Studio, 2<sup>nd</sup> floor**

**Staffed Gym/Equipment Orientation:** Come get an orientation on the equipment, how to use it and exercises that will help with your strength, balance and flexibility. **Level 1, Wellness Studio, 2<sup>nd</sup> floor**

**Fit & Fun Group Circuit:** Workout in a fun environment while rotating through various exercises targeting different parts of the body. **Level 1, Wellness Studio, 2<sup>nd</sup> floor**