









Wellness Calendar



SEPTEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pool Hours: (Buddy Swim): M, W, F, Sat, Sun: 7 am – 9 pm T/Th: 11 am – 9 pm</p>	<p>Gym Hours: Sun-Sat: 7 am – 9 pm</p>		<p>1 10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule</p>	<p>2 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>3 9:30- 10 Cardio Drumming – WS 10:30-11 Functional Fitness – WS</p>
<p>5 LABOR DAY 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL  NO STAFFED POOL OR GYM HOURS</p>	<p>6 9:30-10 Morning Group Walk 10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule</p>	<p>7 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Cardio Drumming – WS</p>	<p>8 9:30-10 Morning Group Walk 10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule schedule</p>	<p>9 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Core + More – WS</p>	<p>10 </p>
<p>12 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 10-10:45 Zumba 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>13 9:30-10 Morning Group Walk  10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1:00-1:30 Chair Yoga – WS</p>	<p>14 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Cardio Drumming – WS</p>	<p>15 9:30-10 Morning Group Walk 10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1-1:30 Stretch & Stability – WS</p>	<p>16 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Core + More – WS</p>	<p>17 9:30- 10 Cardio Drumming – WS 10:30-11 Functional Fitness – WS</p>
<p>19 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 10-10:45 Zumba - Cancelled 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour </p>	<p>20 9:30-10 Morning Group Walk 10:15-10:45 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1:00-1:30 Chair Yoga – WS</p>	<p>21 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Cardio Drumming – WS</p>	<p>22 9:30-10 Morning Group Walk  10:15-10:45 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1-1:30 Stretch & Stability – WS</p>	<p>23 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour 1-1:30 Core + More – WS</p>	<p>24 </p>
<p>26 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 10-10:45 Zumba - Cancelled 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>27 9:30-10 Morning Group Walk 10:15-11 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1:00-1:30 Chair Yoga – WS</p>	<p>28 9:30-10:00 Water Walking – PL 10-10:30 Water Aerobics – PL 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour NO Cardio Drumming</p>	<p>29 9:30-10 Morning Group Walk 10:15-10:45 Functional Fitness – WS 12-6 Gordon Physical Therapy – Please call 509.892.5442 to schedule 1-1:30 Stretch & Stability – WS</p>	<p>30 Legend: WS- Wellness Studio (2nd Floor in GYM) PL- Pool (1st Floor)</p>	

All classes are for IL residents only.

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, 2nd floor Wellness Center**

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, 2nd floor Wellness Center**

Cardio Drumming: A fun, cardio-based drumming program that combines physical activity and brain fitness as you drum on exercise balls to the beat of the music. **Level 2, Wellness Studio, 2nd floor Wellness Center**

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

Water Aerobics: A moderate level intensity class consisting of cardio, muscular strength and endurance exercises. **Level 2, Pool, 1st floor Wellness Center**

Group Walks: A light stroll outside 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, Outside**

Core + More: Exercises to strengthen the core and stabilizer muscles that aid in balance and support. Pairing with gentle stretches and other strengthening exercises. **Level 2, Wellness Studio, 2nd floor Wellness Center**

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, 2nd floor Wellness Center**

Posture & Balance: Gentle full body stretches and exercises to stretch and strengthen muscles for proper posture and balance. Most exercises are done standing. **Level 3, Wellness Studio, 2nd floor Wellness Center**