

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>5</p> <p>7 am-7 pm Buddy Swim</p>	<p>6</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core &amp; Cardio</p>	<p>7</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Chair Yoga</p>	<p>8</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming</p>	<p>9</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance &amp; Stability</p>	<p>10</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 10:30 am Cardio Drumming 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Chair Yoga</p>	<p>11</p> <p>7 am-7 pm Buddy Swim</p>
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<p>19</p> <p>7 am-7 pm Buddy Swim</p> <p><small>Activity Professionals Week</small></p>	<p>20</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core &amp; Cardio</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>21</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Chair Yoga</p>	<p>22</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming</p>	<p>23</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance &amp; Stability</p>	<p>24</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 10:30 am Cardio Drumming 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Chair Yoga</p>	<p>25</p> <p>7 am-7 pm Buddy Swim</p>
<p>26</p> <p>7 am-7 pm Buddy Swim</p> <p><small>Australia Day (Observed)</small></p>	<p>27</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core &amp; Cardio</p>	<p>28</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Chair Yoga</p>	<p>29</p> <p>9:30-10:00 Resident Led Water Walking 10:00-10:30 Aqua Fit 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming</p> <p><small>Chinese New Year (Year of the Snake)</small></p>	<p>30</p> <p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance &amp; Stability</p>	<p>31</p>	<p>Gordon Physical Therapy 509.892.5442</p>

## Wellness Class Descriptions and Locations

Exercise classes are designed to accommodate individuals of all fitness levels, with modifications available to tailor the fitness routine to your specific needs.

**Functional Fitness:** This class emphasizes movements that are practical and useful in daily life. Suitable for all fitness levels, participants will perform exercises to better movement patterns that will promote a better quality of life, prevention of injury and ease while performing daily tasks. **Fitness Center, 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. **Fitness Center, 2<sup>nd</sup> floor**

**Resident Water Walking:** Resident led independent water walking. Good for joint flexibility, range of motion and restoring or maintaining muscular strength. **Pool, 1<sup>st</sup> floor Wellness Center**

**Aqua Fit:** A slower paced water class that can help improve balance, flexibility, and range of motion. **Pool, 1<sup>st</sup> floor Wellness Center**

**Group Walk:** 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. **Meet in IL Lobby**

**Chair Yoga:** This class focuses on gentle stretches, breathing exercises and relaxation techniques to improve flexibility, strength and overall well-being. From a chair, participants will move through traditional yoga poses that promote mental clarity, focus, improved mental health and better sleep. **Fitness Center, 2<sup>nd</sup> floor**

**Cardio Drumming:** This is a high-energy class that provides a unique and enjoyable way to get fit. Participants will use drumsticks and an exercise ball to drum along to music while performing various cardio movements that promote cardiovascular fitness, endurance, coordination and stress-relief. **Fitness Center, 2<sup>nd</sup> floor**

**Core & Cardio:** This effective workout combines exercises to strengthen core muscles and elevate heart rate for cardiovascular benefits. Participants will engage in various exercises that target muscles intended to promote improved posture, stability, core strength and mood boosting benefits. **Fitness Center, 2<sup>nd</sup> floor**

**Balance & Stability:** This class focuses on improving flexibility, mobility, stability and balance. Participants will move through exercises aimed at strengthening core muscles for improved posture and balance as well as better body alignment and reduced risk of injury. **Fitness Center, 2<sup>nd</sup> floor**

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

**Forever Fit:** This class is a dynamic, upbeat workout session. Participants will move through a series of exercises focusing on different muscles groups using components such as strength, cardio and flexibility to promote improved fitness, strength, endurance and overall health and energy levels. **Fitness Center, 2<sup>nd</sup> floor**

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