

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming <small>Rosh Hashanah Begins</small>	3 9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance & Stability	4 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Amber) 10:45-11:30 Aqua Strength/Endurance (Amber) Come to the Fall Festival	5 7 am-7 pm Buddy Swim
6 7 am-7 pm Buddy Swim	7 Pool/Spa Closed 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio	8 Pool/Spa Closed 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	9 Pool/Spa Closed 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming	10 Pool/Spa Closed 9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance & Stability	11 Pool/Spa Closed 10:30 am Cardio Drumming 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio <small>Yom Kippur Begins</small>	12 Pool/Spa Closed
13 Pool/Spa Closed Sweater Weather Workout Week!	14 Pool/Spa Closed 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	15 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	16 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming <small>Sukkot Begins</small>	17 9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance & Stability	18 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Amber) 10:45-11:30 Aqua Strength/Endurance (Amber) 10:30 am Cardio Drumming 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio	19 7 am-7 pm Buddy Swim
20 Harvest Hustle Bingo Week! 7 am-7 pm Buddy Swim	21 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio	22 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	23 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming	24 9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance & Stability <small>Simchat Torah Begins</small>	25 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Amber) 10:45-11:30 Aqua Strength/Endurance (Amber) 10:30 am Cardio Drumming 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio	26 7 am-7 pm Buddy Swim
27 Spooky Sweat & Sparkle Week! 7 am-7 pm Buddy Swim	28 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 10-10:45 Zumba 11-12 Staffed Gym/Orientation 11:30-12 Forever Fit 1-1:30 Core & Cardio	29 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	30 9:30-10:00 Resident Water Walking 10:00-10:30 Aqua Gentle (Dani) 10:45-11:30 Aqua Strength/Endurance (Dani) 11-12 Staffed Gym Hour 11:30-12 Forever Fit 1-1:30 Cardio Drumming	31 9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 <u>Gordon Physical Therapy (Pool)</u> 1:00-1:30 Balance & Stability <small>Halloween</small>	 <p>Gordon Physical Therapy Please call 509.892.5442 to schedule Please see Wellness staff if you need a Swim Buddy.</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, 2nd 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, 2nd floor**

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

Aqua Gentle: A slower paced, beginner water class that can help improve balance, flexibility, and range of motion. **Pool, 1st floor Wellness Center**

Aqua Strength & Endurance: A low-impact, full-body advanced workout in the pool that combines cardio and strength training. **Pool, 1st 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, 2nd 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, 2nd 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, 2nd floor**

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

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