

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2024

WELLNESS CALENDAR

	<p>3 9:30-10:00 Resident Led 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</p>	<p>4 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>5 9:30-10:00 Resident Led 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</p>	<p>6 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</p>	<p>7 9:30-10:00 Resident Led 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</p>	<p>8 9:30-10:00 Resident Led 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</p>
<p>7 am-7 pm Buddy Swim</p> <p><small>Daylight Saving Time Ends</small></p>	<p>9 9:30-10:00 Resident Led 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</p>	<p>10 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>11 9:30-10:00 Resident Led 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</p>	<p>12 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</p>	<p>13 9:30-10:00 Resident Led 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</p>	<p>14 9:30-10:00 Resident Led 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</p>
<p>7 am-7 pm Buddy Swim</p> <p><small>Veterans Day November 11th (Canada)</small></p>	<p>15 9:30-10:00 Resident Led 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</p>	<p>16 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>17 9:30-10:00 Resident Led 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</p>	<p>18 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</p>	<p>19 9:30-10:00 Resident Led 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</p>	<p>20 9:30-10:00 Resident Led 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</p>
<p>7 am-7 pm Buddy Swim</p>	<p>21 9:30-10:00 Resident Led 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</p>	<p>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</p>	<p>23 9:30-10:00 Resident Led 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</p>	<p>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</p>	<p>25 9:30-10:00 Resident Led 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</p>	<p>26 9:30-10:00 Resident Led 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</p>
<p>7 am-7 pm Buddy Swim</p>	<p>27 9:30-10:00 Resident Led 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</p>	<p>28 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 9:30-10:00 Resident Led 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</p>	<p>30 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</p>	<p>31 9:30-10:00 Resident Led 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</p>	<p>32 9:30-10:00 Resident Led 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</p>



Thanksgiving Day

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: Resident led independent water walking. Good for 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 at strengthening 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.