

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# FEBRUARY 2024

## WELLNESS CALENDAR

<p>4</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10-10:45 Zumba 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>5</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga</p>	<p>6</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>7</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch &amp; Stability</p>	<p>8</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10:30 am Cardio Drumming 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p> <p>Groundhog Day</p>	<p>9</p> <p>7 am-7 pm Buddy Swim</p>
<p>11</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10-10:45 Zumba 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>12</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga</p> <p>Mardi Gras</p>	<p>13</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>14</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch &amp; Stability</p> <p>Valentine's Day</p>	<p>15</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10:30 am Cardio Drumming 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>16</p> <p>7 am-7 pm Buddy Swim</p>
<p>18</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10-10:45 Zumba 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p> <p>Presidents' Day</p>	<p>19</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga</p>	<p>20</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>21</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch &amp; Stability</p>	<p>22</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10:30 am Cardio Drumming 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>23</p> <p>7 am-7 pm Buddy Swim</p>
<p>25</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 10-10:45 Zumba 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>26</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 1:00-1:30 Chair Yoga</p>	<p>27</p> <p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<p>28</p> <p>9:30-10:00 Group Walk 10:15-10:45 Functional Fitness 12-6 <a href="#">Gordon Physical Therapy (Pool)</a> 2:00-2:30 pm Stretch &amp; Stability</p>	<p>29</p> <p><a href="#">Gordon Physical Therapy</a> Please call 509.892.5442 to schedule</p>	

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**

**Water Aerobics:** A moderate level intensity class consisting of cardio, muscular strength and endurance exercises. **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**