

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



SEPTEMBER 2023

WELLNESS CALENDAR

3	4	5	6	7	8	9
	Labor Day <small>Labor Day</small>	<p>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy 1:00-1:30 Chair Yoga Cancelled</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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy</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>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>
10	11	12	13	14	15	16
<small>Grandparents Day</small>	<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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy 1:00-1:30 Chair Yoga</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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy</p>	<p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<small>Emerson Begins</small>
17	18	19	20	21	22	23
	<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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy 1:00-1:30 Chair Yoga</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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy</p>	<p>9:30-10:00 Water Walking 10-10:30 Water Aerobics 11-12 Staffed Gym Hour 1-2 Staffed Pool Hour</p>	<small>Autumn Begins</small>
24	25	26	27	28	29	30
	<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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy 1:00-1:30 Chair Yoga</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>9:30-10 Group Walk 10:15-10:45 Functional Fitness 12-6 Gordon Physical Therapy</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>Gordon Physical Therapy 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, 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**

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 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**

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**