



Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED	For 1-on-1 Consultations, Tailored Exercise Plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130		1 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit	2 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Mobility and Flexibility Workshop 1:30P Zumba Dance Fitness	3 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	4 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
5 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	6 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	7 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Foosball	8 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit 2:00P Work It Wednesday (AU)	9 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Mobility and Flexibility Workshop 1:30P Zumba Dance Fitness	10 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	11 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
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PARKWAY
BY BUCKNER

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11:00A
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12:00P
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America's Birthday