

## Wellness Schedule for Independent Living Residents

| Land - High Intensity Class               | Land - Moderate Intensity Class      | Land - Low Intensity Class           | Pool - Moderate Intensity Class      | Pool - Low Intensity Class                |
|---|--------------------------------------|--------------------------------------|--------------------------------------|---|
| Monday                                    | Tuesday                              | Wednesday                            | Thursday                             | Friday                                    |
| <a href="#">WWW.FUN</a><br>8:15 - 8:45 am | Coming Soon -                        |                                      |                                      | <a href="#">WWW.FUN</a><br>8:15 - 8:45 am |
| Spin Class<br>10-10:30 am                 | Spin Class<br>10-10:30 am            |                                      | Spin Class<br>10-10:30 am            | Spin Class<br>10-10:30 am                 |
| Ease Your Mind<br>10:30-11:00 am          | HydroSplash<br>11:15-11:45 am        | Coming Soon -                        |                                      | HydroSplash<br>11:15-11:45 am             |
| Functional Fitness<br>1:30 - 2:30 pm      | Functional Fitness<br>1:30 - 2:30 pm | Functional Fitness<br>1:30 - 2:30 pm | Functional Fitness<br>1:30 - 2:30 pm | Tai Chi<br>12 - 1pm                       |

Wellness Center - Independent Living Leisure Center and Pool

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