

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
<u>WWW.FUN</u> 8:15 - 8:45 am	<u>WWW.FUN</u> 8:15 - 8:45 am	<u>WWW.FUN</u> 8:15 - 8:45 am	<u>WWW.FUN</u> 8:15 - 8:45 am	<u>WWW.FUN</u> 8:15 - 8:45 am
Spin Class 10-10:30 am				Spin Class 10-10:30 am
Ease Your Mind 10:30-11:00 am	HydroSplash 11:15-11:45 am		HydroSplash 11:15-11:45 am	Ease Your Mind 10:30-11:00 am
Functional Fitness 1:30 - 2:30 pm	Functional Fitness 1:30 - 2:30 pm	Functional Fitness 1:30 - 2:30 pm	Functional Fitness 1:30 - 2:30 pm	Tai Chi 12 - 1pm

Wellness Center - Independent Living Leisure Center and Pool

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