

Fitness/Relaxation Room Schedule - April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30am CranioSacral or Reiki Therapy		7:15-8:00am Group Fitness		7:15-8:00am Group Fitness		9:30-10:30am CranioSacral or Reiki Therapy
	8:45-9:45am Gentle Yoga	9:00-9:45am Strength Training		9:00-9:45am Strength Training	8:45-9:45am Gentle Yoga	
10:45-11:45 CranioSacral or Reiki Therapy	10:00-11:00am Tai Chi	10:00-10:45am Sitting Strong		10:00-10:45am Sitting Strong	10:00-11:00am Tai Chi	
	2:15-3:00pm Tap	2:30-3:15pm Chair Tai Chi	2:00-7:00pm CranioSacral or Reiki Therapy	2:30-3:15pm Chair Tai Chi	2:15-3:00pm Tap	
		3:30-4:15pm Balance and Posture		3:30-4:15pm Stretch		

Please call the Fitness Center with any questions or to register for classes- **775-9851**

This space is open 24 hrs.

Please do not interrupt classes while they are in session

Residents and Staff- please accompany family and guests while in the Fitness/Relaxation room.

Please be understanding of our need to use this space for Reiki and CranioSacral Therapy Appointments.

Resident and Staff Fitness Assessments done by request. Call for an appt.

Resident and Staff Personal Programs done by request. Call for an appt.

775-9851