

Fitness/Relaxation Room Schedule

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:15am-8:00am Group Fitness		7:15am-8:00am Group Fitness		
		9:00am-9:45am Strength Training	8:45am-9:45am Gentle Yoga	9:00am-9:45am Strength Training	8:45am-9:45am Gentle Yoga	
	10:00am-11:00am Tai Chi	10:00am-10:45am Sitting Strong		10:00am-10:45am Sitting Strong	10:00am-11:00am Tai Chi	
	2:15pm-3:00pm Tap		2:15pm-3:00pm Tap			
		4:00pm-5:00pm Meditation		4:00pm-5:00pm Meditation		

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 apt.

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

775-9851