

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone
8:30		Gentle Yoga		Gentle Yoga	
9:00	(W) Aquacize	Yoga	(W) Aquacize	Yoga	(W) Aquacize
9:15	Zumba Toning		Silver Circuit		Super Circuit
10:00	Forever Fit	Sit & Be Fit	Forever Fit	Sit & Be Fit	Forever Fit
10:30	Tai Chi for Arthritis	Find Your Balance	Find Your Balance	Find Your Balance	Find Your Balance
11:00			“Jolly Volley”	Koru Mindfulness	
2:00	(W) Walking		(W) Walking		(W) Walking
3:00	(W) Shepherd Center		(W) Shepherd Center		(W) Shepherd Center
4:00	(W) Shepherd Center Beginner		(W) Shepherd Center Beginner		
(W) = Water Class Healthy Bones ~ Every Saturday at 11:00 am (*Robinson Hall 2/2, and 2/9)					

Land Classes

Zumba Toning

Monday (45 minutes) 9:15 a.m.
Combine fun Zumba dance moves that you love with strength training for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Silver Circuit

Wednesday (45 minutes) 9:15 a.m.
Combine aerobic training with bands and weights for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Super Circuit

Friday (45 minutes) 9:15 a.m.
Combine a variety of fitness stations that we will rotate through the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Forever Fit

Monday, Wednesday, & Friday (30 minutes) 10:00 a.m.
This moderate intensity workout combines both seated and standing exercises with weights and bands to increase muscle strength, range of motion, and activities for daily life.

Find Your Balance

Tuesday-Friday (30 minutes) 10:30 a.m.
Improve balance and increase stability through a variety of seated and standing gentle exercises designed to challenge both the mind and body. All fitness levels are welcome.

Gentle Yoga

Tuesday & Thursday (30 minutes) 8:30 a.m.
A beginner, all-seated yoga class that performs a variety of gentle poses and offers modifications designed to introduce you to the poses, the breathing, and more.

Yoga - Mind, Body, Balance

Tuesdays & Thursdays (45 minutes) 9:00 a.m.
A perfect class for students who have completed a session in basic yoga. Perform a variety of postures designed to increase flexibility, balance, and range of movement.

Sit & Be Fit

Tuesdays & Thursdays (30 minutes) 10:00 a.m.
A low intensity seated chair class designed to increase flexibility and improve strength. Hand-held weights, resistance bands, and balls are used for strength and range of movement exercises.

Tai Chi

Monday (45 minutes) 10:30 a.m.
Gentle, non-strenuous exercises to loosen joints, improve balance, and help with arthritis.

Chair Volleyball “Jolly Volley” (1 hour) 11:00 a.m.

Wednesday-Come join fellow residents for fun and fitness as we play seated volleyball with a beach ball. We laugh and have fun and get a great workout!

Aquatic Classes (Exercise Pool)

Hydrotone

Mondays, Wednesdays, & Fridays (45 minutes) 8:00 a.m.
A fun water exercise class that combines aerobic exercise with resistance training using water weights and noodles. Suitable for all fitness levels, and is gentle on the joints, while harmoniously working the body.

Aquacize

Mondays, Wednesdays, & Fridays (60 minutes) 9:00 a.m.
This class is a combination of toning and aerobic exercises of all intensities to give you a great workout from head to toe!

Walking Water Workout

Mondays, Wednesdays, & Fridays (30 minutes) 2:00p.m.
Walk at your own pace with fellow residents while you enjoy the water.

Wellness Center Open House Thursday, February 21, 2019 1-3 pm

As you know, the Wellness Center was closed at the end of January. We'd love to show you all of the improvements, including our new floor, at our Open House! Take a stroll around the facility, enjoy some snacks, and see what we were “up to” in the Wellness Center!



Pickle Ball 101 Thursday, February 28 1:00 pm Wellness Center Ball Room

Join professional Pickle Ball player, Laura Patterson, as she teaches us the basics of pickle ball on our new court! No experience necessary; if you are interested in learning how to play, or are curious what pickle ball is, come check it out!



Temporary Exercise Class Re-location

The Tomlinson Wellness Center will be temporarily closed through Tuesday, February 12. However, we WILL have classes in **Robinson Hall** at our regularly scheduled times. You are welcome to attend all pool classes offered at Salem towne during this time. Call Suzy at x 1227 or see Wellzesta for the schedule.

Senior Games 101 & Registration Friday, February 15, 1-2 pm Wellness Center Ball Room

Are you curious about what is offered at the Piedmont Plus Senior Games and Silver Arts? It's not just sports; there are lots of opportunities to participate! Judie Holcomb-Pack, Editor and Writer of “For Seniors Only!” magazine, will help explain the writing entries. Our resident representatives Joe Kiker and Toni Petersen will be here to answer questions about the events, and the Silver Arts Night held here at Arbor Acres. We will have registration forms available, and will help you complete your forms. Bring your iPad if you would like to register online! Let's go Team Arbor Acres!

Koru Mindfulness Part 2 February 7, 11:15 am-12:00 pm February 14, 21, 28, 11:00am –11:45am Robinson Hall

Ulrike Wiethaus from Wake Forest University is back for Part 2 of her Koru Mindfulness series. What is mindfulness? Come find out with us! Everyone is welcome, whether or not you attended the first series that she offered. This is a 4-week series.

**Chair Volleyball– we have a new name!!
“Jolly Volley”- Wednesdays at 11am Join the fun!**