

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone
8:30 AM		Gentle Yoga		Gentle Yoga	
9:00 AM	(W) Aquacize	Yoga	(W) Aquacize	Yoga	(W) Aquacize
9:15 AM	Zumba Toning		Silver Circuit		Super Circuit
10:00 AM	Forever Fit	Sit & Be Fit	Forever Fit	Sit & Be Fit	Forever Fit
10:30 AM	Tai Chi for Arthritis	Find Your Balance	Find Your Balance	Find Your Balance	Find Your Balance
11:00 AM			"Jolly Volley"		
2:00 PM	(W) Walking Water Workout	Pickleball -open play	(W) Walking Water Workout	Pickleball-open play	(W) Walking Water Workout
3:00 PM	(W) Shepherd Center	Pickleball-scheduled 4 some	(W) Shepherd Center	Pickleball-scheduled 4 some	(W) Shepherd Center
4:00 PM	(W) Shepherd Center Beginner		(W) Shepherd Center Beginner		
(W) = Water Class Healthy Bones ~ Every Saturday at 11:00 am ***No class May 4 or May 11					

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

Tuesday & Thursdays (30 minutes) 10:00 a.m.

An all-seated moderate intensity workout that uses weights, balls, and cardio work. Who says you can't get a workout while sitting?

Tai Chi

Monday (45 minutes) 10:30 a.m.

Gentle, non-strenuous exercises to loosen joints, improve balance, and help with arthritis.

Chair Volleyball (1 hour) 11:00a.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! Jolly Volley!

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!

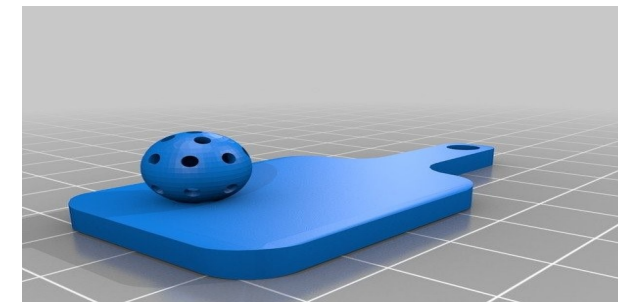
Walking Water Workout

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



Senior Games Croquet Wednesday, May 1st 9 am -12 pm Arbor Acres Croquet Court

Come watch fellow residents and community members play in the Senior Games Croquet Tournament. Must be registered in the Senior Games to play, but everyone is invited to watch!



Pickleball

We had a great time with pickleball lessons, and now we are offering some scheduled times to come play, but you are welcome any time after 12:00 to come play at your convenience! All of the equipment is in the supply closet, and the net is already set up and ready!

Open Pickleball Practice—
Tuesday/ Thursday
2:00-3:00 pm

Scheduled Foursome Pickleball—
Tuesday/Thursday
3:00 pm



Suzy's Cognitive Corner:

Brain Teaser.... Can you guess the answer?

A man is looking at a photograph of someone.

His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son."

Who was in the photograph?

**Answer found at the bottom of the page

Billiards Tournament

When: May 20, 21, and 22

1:00 pm-4:00 pm

Where: Arbor Acres Pool Table

Our amazing residents and local professional, Frank Tullos, will be playing a three day tournament. Join the excitement and watch the fun!

Brain Teaser Answer: His son