

	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”		
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					

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.

Tomlinson Wellness Center

GriefShare

First Meeting of a 9 Week Series

Multi-Purpose Room, 3rd Floor Corpening, 1-2:30 pm

If you've lost a spouse, child, family member, or friend, you've probably found that there are not many people who understand the deep hurt you feel. We'll meet weekly to help you face these challenges and move toward rebuilding your life. Contact Rev. Laura-Lee Jones at ext 1382 or Suzy Vaile, Wellness Coordinator at ext. 1227

"Going To GriefShare feels like having warm arms wrapped around you when you're shivering."



Caregiver Support &

Home Health 101

Monday, March 18, 11:30 am

Tomlinson Wellness Center Ball Room

What does it mean to be a “caregiver” for someone? When is it “okay” to ask for help? What kind of help can Arbor Acres offer?

Come chat with Suzy Vaile, Wellness Coordinator and Cheryl Crews, Director of Home Care, and find out the answers to your questions about taking care of a loved one, or a friend, and how to get the help you need for yourself, and for them.

Ladies Chat

Himalayan Salt Room Trip

Thursday, March 14, 12:30 (BL)

It's time to relax and rejuvenate! We are headed to the Himalayan Hideaway, an amazing room made of hand-mined Himalayan salt! Touted for its many health benefits, we will go and relax and reap the benefits of being surrounded by pink salt! RSVP by Tuesday, March 12 on Wellzesta. Only 10 spots available!



\$25.00 per person, paid at the venue. We will leave from the Berrier Front Lobby at 12:30, and return by 2:30 pm. Call Suzy at x1227 with any questions.

Circle of Friends Ladies Group

Thursday, March 28, 1:00 pm

Tomlinson Wellness Center Ball Room

You asked, and we have answered! This is a group for ladies to come meet and chat about various topics to relate and get to know each other on a deeper level. Instead of being busy “doing something”, (which is fun too), we will focus on relating and sharing as women in our community. All ladies are welcome!! Call Suzy at x 1227 with any questions.

We have a few new pieces of equipment in the Wellness Center, and I'd love to train you on them. I'd love to help you create an exercise plan, or chat with you on what your fitness goals may be. It can be flexibility, strength training, balance, rehab.... you name it!!! Call me, Suzy Vaile at x1227 to set up your appointment, and start your wellness journey!!! I'll help you every step of the way!

Suzy