

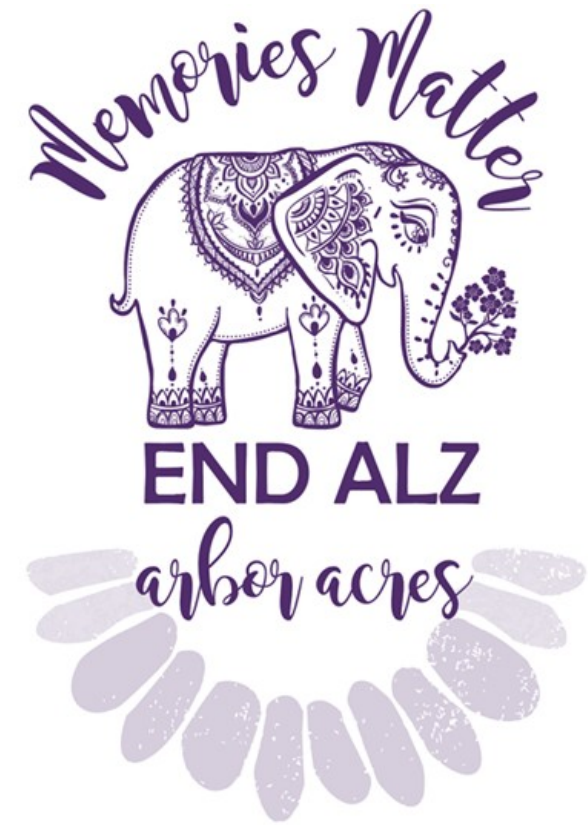


# Tomlinson Wellness Center

|                                                                   | 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 |                              |                             |                              |                             |                           |

June is Alzheimer's Awareness Month, and we are happy to partner with our local Alzheimer's Association to provide you with some amazing programming and community-building opportunities. Please call Alice at ext. 1260 with any questions and see the Lamplighter and Wellzesta for details.

- Monday, June 17– Tomlinson Wellness Center**  
 10:30 am – Tai Chi for Memory  
 11:15 – Brain Boosting Foods with Alice
- Tuesday, June 18– Tomlinson Wellness Center**  
 10:30 am – Brain Games and Balance Class  
 11:00 am – Essential Oils for Memory
- Wednesday, June 19– Piner Hall**  
 9:30 am – Crepes for a Cause
- Thursday, June 20– Piner Hall**  
 4:00 pm – Sweets and Treats Auction —  
 Come for the entertainment and show your support by bidding on your favorite sweet treat!
- Friday, June 21– \*Wear Your Purple Longest Day T-Shirt (pre-ordered)**  
 10:00 am – Effective Communication Strategies-How to Navigate Alzheimer's, Piner Hall  
 11:00 am – Chick-fil-A Lunch, Piner Hall  
 12:00 pm — Monarch Butterfly Release, Tomlinson Wellness Center Outdoor Terrace



## 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.**

