



LAND EXERCISE SCHEDULE

Attend a minimum of two classes per week for improved health and fitness

All classes held in the Fitness Center unless noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE CLASS 9:30am-10:15am	MIND/BODY BLEND 9:45am-10:15am	BLUE CLASS 9:30am-10:15am	MIND/BODY BLEND 9:45am-10:15am	BLUE CLASS 9:30am-10:15am
GREEN CLASS 10:30am-11:15am	YELLOW CLASS 11:00am-11:35am	GREEN CLASS 10:30am-11:15am	FIT STEPS 2 10:30am-11:00am	GREEN CLASS 10:30am-11:15am
MOVEMENT/ MUSIC 11:30 – 12:00		MOVEMENT/MUSIC 11:30 – 12:00	YELLOW CLASS 11:00am-11:35am	
YELLOW CLASS 1:30pm-2:15pm	GREEN CLASS 1:30pm-2:05pm	YELLOW CLASS 1:30pm-2:15pm	GREEN CLASS 1:30pm-2:05pm	YELLOW CLASS 1:30pm-2:15pm

ALL COLOR CODED CLASSES FOCUS ON STRENGTH, BALANCE, AND FLEXIBILITY. ATTEND 2-3 TIMES/WEEK

BLUE: For participants who perform moderate to vigorous activity regularly.

GREEN: For participants who lead an active life most of the time.

YELLOW: For participants who are first-time exercisers and/or rely on walking aids.

FIT STEPS 2: Focus will be on cardiovascular exercise and stretching in the chair.

MIND/BODY BLEND: Focus on being mindful and present in the moment with breathing, gentle stretching, and relaxation.



AQUATIC EXERCISE SCHEDULE

Swim or attend a minimum of two classes per week for improved health and fitness

The pool and whirlpool are closed for use during Aquatic Therapy and Aquatics classes.

No lifeguard on duty. Swim at your own risk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA BLUE 9:15am-10:00am	AQUATIC THERAPY 8:00am-12:00am Rehab patients only	AQUA BLUE 9:15am-10:00am	AQUATIC THERAPY 8:00am-12:00am Rehab patients only	AQUA BLUE 9:15am-10:00am
AQUA GREEN 10:15am-11:00am		AQUA GREEN 10:15am-11:00am		AQUA GREEN 10:15am-11:00am
AQUA YELLOW 11:15am-12:00pm		AQUA YELLOW 11:15am-12:00pm		AQUA YELLOW 11:15am-12:00pm

ALL CLASSES FOCUS ON STRENGTH, BALANCE, AND FLEXIBILITY. ATTEND 2-3 TIMES/WEEK

AQUA BLUE: For participants who perform moderate to vigorous activity regularly.

AQUA GREEN: For participants who lead an active lifestyle most of the time.

AQUA YELLOW: For participants who need a gentle class due to mobility limitations and/or chronic health issues.