

# Ship Shape Exercise Schedule

## Monday:

9:15 AM **Cardio Dance FUN!** (Fitness Center)

10:00 AM Balancing Act (Standish Center)

11:00 AM Chair Exercise (Standish Center)

# September 2023

## Tuesday:

9:30 AM Health Center Sit and Be Fit (3rd Floor- Health Center)

10:00 AM Rise and Shine Stretch (Standish Center) **\*\*Bring your Yoga Mat!\*\***

11:00 AM Chair Exercise (Standish Center)

2:00 PM Assisted Living Chair Class (2nd Floor ALF)

3:00 PM Memory Care Chair Class (1st Floor of Allerton)

## Wednesday:

9:15 AM Start Strong Weights Class (Fitness Center)

**10:00 AM Water Fitness (Pool)**

11:00 AM Chair Exercise (Standish Center)

Be happy with  
what you have  
while working for  
what you want.

~ Helen Keller

CONFEDERACY, INC.

## Thursday:

9:15 AM Brain Fitness (Standish Center)

10:00 AM Basic Ballet Barre (Standish Center)

11:00 AM Chair Exercise (Standish Center)

## Friday:

9:15 AM Posture, Core and More (Standish Center)

**10:00 AM YOGA with Ashley (Standish Center) \*\*Bring your Yoga Mat\*\***

11:00 AM Chair Exercise (Standish Center)

**\*\*All class times and locations are subject to change\*\***