

# Ship Shape Exercise Schedule

## Monday:

- 9:20 AM Cardio Dance FUN! (Fitness Center)
- 10:00 AM Balancing Act (Standish Center)
- 11:00 AM Chair Exercise (Standish Center)

# July 2024

## Tuesday:

- 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:

- 9:30 AM Start Strong Weights Class (Fitness Center)
- 10:00 AM Water Fitness (Pool) IS BACK!**
- 11:00 AM Chair Exercise (Standish Center)

### July Wellness Events:

- \*Sarah is on vacation from Wed. July 3rd to Wed. July 10th \***
- \*Orlando Health Lecture- Neuro/Stroke Health Thursday, 7/18- 2:00 PM Standish
- \*Corn Hole Game Time-  
Friday, 7/19-3:00-4:30 PM Standish
- \*Orlando Health Fall Prevention-  
Wednesday 7/24- 2:00 PM Standish
- \*Nutrition Corner- Star Spangled Parfaits-  
Wednesday, 7/31- 3:00 PM Standish

## Thursday:

- 9:20 AM Brain Fitness (Standish Center)
- 10:00 AM Basic Ballet Barre (Standish Center)
- 11:00 AM Chair Exercise (Standish Center)

## Friday:

- 9:30 AM Posture, Core and More (Standish Center)
- 10:00 AM YOGA with Ashley (Standish Center) **\*\*Bring your Yoga Mat\*\***
- 10:00 AM Weights Class #2 with Sarah (Fitness Center)
- 11:00 AM Chair Exercise (Standish Center)
- 1:30 PM Line Dancing with Bethany (Fitness Center) (\*July 12th and 26th ONLY)**

*New Class!*

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