

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)

October 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)

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

Wednesday:

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

October Wellness Events:

*Alzheimers Walk- Saturday, 10/5

8:00 AM Depart- 12:00 PM Return.

*Sign up with Sarah ext: 1157

*Corn Hole Game Time-

Friday, 10/18-3:00-4:30 PM Standish

*Wekiva Kayak Day Trip- Wednesday,

10/23 9:00 AM Depart- 2:00 PM Return

Sign Up in Mail Room

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) (*October 11th and 25th ONLY)**

Saturday: 10:00 AM Dancing with Natasha (Standish Center) - Arabic and Salsa