

Ship Shape Exercise Schedule

Monday:

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

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

November 2024

Tuesday:

- 10:00 AM Rise and Shine Stretch (Fitness Center) ****Bring your Yoga Mat!****
- 11:00 AM Chair Exercise (Fitness Center)
- 1:00 PM Chair Yoga with Nicole (Fitness Center) (November 5th and 19th ONLY)**
- 2:00 PM Assisted Living Chair Class (2nd Floor ALF)
- 3:00 PM Memory Care Chair Class (Memory Support)

New Class!

Wednesday:

- 10:00 AM Start Strong Weights Class (Fitness Center)
- 11:00 AM Chair Exercise (Fitness Center)
- 12:00 PM Wednesday Wellness Walk(meet in lobby)**
****Enjoy a healthy lunch at Cru after the walk!****

Thursday:

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

Friday:

- 9:20 AM Posture, Core and More (Fitness Center)
- 10:00 AM YOGA with Ashley (Fitness Center) **Bring your Yoga Mat****
- 11:00 AM Chair Exercise (Fitness Center)
- 1:30 PM Line Dancing with Bethany (Fitness Center) (*November 8th and 22nd ONLY)**

Saturday:

- 10:00 AM Time with Natacha (Fitness Center)- November 9th (dance) and 23rd (self massage) ONLY**

November Wellness Events:

*College Football Tailgate Party with Sarah-

Saturday, 11/02 @12:00-4:00 PM in Cru.

*Sound Bath Meditation with Nicole-

Monday, 11/04 and 11/18

@ 1:00 PM in Fitness Center.

*Wellness Lecture: Dr. Laura Varich

Presents- Lowering Inflammation-

Wednesday, 11/13 @1:00 PM in
Dux Conference room.

*Wellness Jeopardy Game Show-

Friday, 11/15 @1:00 PM in Cru Theater

***Sign up required to compete for prizes!**

*Nutrition Corner- Fall Squashes!-

Tuesday,
11/26@ 2:00 PM in Dux Conference Room.

*Post Thanksgiving Belly Buster Walk-

11/29-Depart at 10:00 AM- Blue Jacket Park