

# 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 (Standish Center)

11:00 AM Chair Exercise (Standish Center)

# December 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 (Memory Support)

### December Wellness Events:

#### \*Wellness Day Trip with Sarah to Leu Gardens and Panera Boxed Picnic Lunch

Wednesday, 12/11 Depart at 9:30 AM

**\*Sign up to attend!**

#### \*Sound Bath Meditation with Nicole-

Monday, 12/16

@ 1:00 PM in Standish

#### \*Nutrition Corner- Chocolate Dipped

Pretzels! Thursday, 12/19 @ 2:00 PM in

Standish **\*Must sign up to attend!**

**\*Sarah is off on:** Friday, Dec. 6th

Tues., Dec. 24th and Wed. Dec. 25th

Wed. Jan. 1st

## Wednesday:

10:00 AM Start Strong Weights Class (Fitness Center)

11:00 AM Chair Exercise (Standish 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 (Standish Center)

10:00 AM Basic Ballet Barre (Standish Center)

11:00 AM Chair Exercise (Standish Center) **New Class!**

**1:00 PM Chair Yoga with Nicole (Fitness Center) (Dec. 5th and 19th ONLY)**

## Friday:

9:20 AM Posture, Core and More (Standish Center)

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

10:00 AM Start Strong Weights Class #2 (Fitness Center)

11:00 AM Chair Exercise (Standish Center)

**1:30 PM Line Dancing with Bethany (Fitness Center) (\*December 13th and 27th ONLY)**

## Saturday:

**10:00 AM Time with Natacha (Standish Center)- Dec 7th (dance) and 21st (self massage) ONLY**