

# 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)

# January 2025

## 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)

### January Wellness Events:

#### \*Colorful Choices Nutrition Incentive

Program January 6th-31st

Informational Session on  
Friday, January 3rd at 3:00 PM in Standish

#### \*Dr. Varich- Choosing and Storing Produce for

Maximum Nutrition

Thursday, January 9th at 1:00 PM

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

Thursday, 1/16

@ 2:00 PM in Standish

\*Sarah is off on: Wednesday, January 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)

**1:00 PM Chair Yoga with Nicole (Fitness Center) (Jan. 16th and 30th ONLY)**

**New Class!**

## 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) (\*January 10th and 24th ONLY)**

## Saturday:

**10:00 AM Dance with Natacha (Standish Center)- Jan 4th (Decades) and 18th (Arabic) ONLY**