

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)

February 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)

February Wellness Events:

*Oakland Nature Preserve

Heart Healthy Walk

Thursday, Feb. 6th- Depart @ 12:00 PM

*Super Bowl Tailgate Party at Cru

Sunday, Feb. 9th @ 6:00 PM

* Heart Healthy Herbs with Jessie

Wednesday, Feb. 12th @ 11:00 AM in Standish

*Nutrition Corner: Heart Healthy Snacks

Friday, Feb. 14th @ 3:00 PM in Standish

*Afro Fusion Dance Class

Wednesday, Feb. 19th @ 11:00 AM in Standish

*Sound Bath Meditation with Nicole-

Thursday, Feb. 20th @ 1:00 PM in Standish

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)

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) (Feb. 13th 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) (*February 14th and 28th ONLY)

Saturday:

10:00 AM Dance with Natacha (Standish Center) *Select Saturdays*

