

August Fitness Schedule Apartment Residents

Fitness Programs will be held in the
Dick & Pat Nyquist Family Chapel.
***Please sign up with Guest Services**



Monday 17

8:45
Stretch

9:15
Sit and Be Fit

Tuesday 18

***Classes held
Outside today;
meet at the front
entrance**

8:45
Morning
Walk

9:15
Balance

Wednesday 19

8:45
Stretch

9:15
Sit and Be Fit

9:45
Healthy Hands

Thursday 20

8:45
Balance

9:15
Functional Fitness/
Strength

Friday 21

8:45
Tai Chi

9:15
Healthy Hands

Monday 24

8:45
Stretch

9:15
Sit and Be Fit

Tuesday 25

8:45
Balance

9:15
Functional Fitness/
Strength

Wednesday 26

8:45
Stretch

9:15
Sit and Be Fit

9:45
Healthy Hands

Thursday 27

8:45
Balance

9:15
Functional Fitness/
Strength

Friday 28

8:45
Tai Chi

9:15
Healthy Hands

Fitness Descriptions

Announcements

Daily changes are common lately, our fitness calendar is no different. I have scheduled classes for the next two weeks and will update as necessary.

- Class size will be limited to **9 residents**. Residents must sign up in advance to ensure adherence to the class size. ***Masks must be worn over both nose and mouth!**
- Because the class sizes will be small, based on interest in attending, we may limit the number of classes any one individual may attend so more residents will have the opportunity.
- **Sign up for classes** by calling **Guest Services 316-6900**
- If you would still like to have one-on-one service at your apartment, please contact me to set up a time at 316-6907.
- If you have any questions, please do not hesitate to contact me. I look forward to seeing everyone in class!

In health,

Sue Ady

Fitness Coordinator

LEVEL 1 CLASSES

All Levels

Chair-based Exercises

Healthy Hands

A therapeutic class designed for the hands to build strength, increase mobility, flexibility, and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

Sit & Be Fit

Full body exercises using resistance bands and/or dumbbells to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

Stretch

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

Don't Skip Breakfast

Studies show that eating a proper breakfast is one of the most positive things you can do for your health.

Breakfast skippers tend to gain weight.

A balanced breakfast includes fresh fruit, eggs, Greek yogurt,

LEVEL 2 CLASSES

Intermediate to Advanced

Standing & Seated Exercises

Functional Fitness

This class incorporates constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

Strength/Joint health

This class will focus on strengthening and range of motion of all of our many joints.

Tai Chi

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

Balance

A variety of exercises that mimic everyday movement. Exercises are performed **out of your chair** and are designed to help improve balance, mobility, and help with fall prevention.

August Fitness Schedule Home Residents

Fitness Programs will be held in the
Dick & Pat Nyquist Family Chapel.
*Please sign up with Guest Services



<p>Monday 17</p> <p>10:30 Sit & Be Fit</p> <p>11:00 Morning Walk</p>	<p>Tuesday 18</p> <p>*Classes held Outside today; meet at the front entrance</p> <p>10:30 Functional Fitness</p> <p>11:00 Tai Chi</p>	<p>Wednesday 19</p> <p>10:30 Pilates</p> <p>11:00 Balance</p>	<p>Thursday 20</p> <p>10:30 Sit and Be Fit</p> <p>11:00 Tai Chi</p>	<p>Friday 21</p> <p>10:00 Functional Fitness</p> <p>10:30 Balance</p> <p>11:00 Healthy Hands</p>
<p>Monday 24</p> <p>10:30 Sit & Be Fit</p> <p>11:00 Morning Walk</p>	<p>Tuesday 25</p> <p>10:30 Functional Fitness</p> <p>11:00 Tai Chi</p>	<p>Wednesday 26</p> <p>10:30 Pilates</p> <p>11:00 Balance</p>	<p>Thursday 27</p> <p>10:30 Sit and Be Fit</p> <p>11:00 Tai Chi</p>	<p>Friday 28</p> <p>10:00 Functional Fitness</p> <p>10:30 Balance</p> <p>11:00 Healthy Hands</p>

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***Masks must be worn over both nose and mouth!**
- Because the class size will be small, based on interest in attending, we may limit the number of classes any one individual may attend so more residents will have the opportunity.
- **Sign up for classes** by calling **Sue at 316-6907 or sign up in class.**
- If you would still like to have one-on-one service at your home (garage, patio or driveway), please contact me to set up a time at 316-6907.
- If you have any questions, please do not hesitate to contact me. I look forward to seeing everyone in class.

In health,
Sue Ady
Fitness Coordinator

***FLOOR BASED EXERCISE**

Pilates

Exercises that engage the whole body. This class includes a combination of strength and flexibility to help improve posture and build lean muscles.

Don't Skip Breakfast

Studies show that eating a proper breakfast is one of the most positive things you can do for your health.

Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit, eggs, Greek yogurt, high fiber cereal or oatmeal.

LEVEL 2 CLASSES

**Intermediate to Advanced
Standing & Seated Exercises**

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Sit & Be Fit

Full body exercises using resistance bands and/or dumbbells to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.