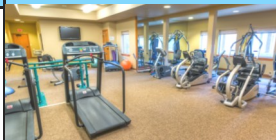



WINTER Exercise Schedule

All Welcome!


CORAL CLUB FITNESS CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00am Supervised Exercise	8:00-9:00am Supervised Exercise	8:00-9:00am Supervised Exercise	8:00-9:00am Supervised Exercise	8:00-9:00am Supervised Exercise	

AQUAMARINE POOL (1st Floor across from the Silver Falls Dining Room)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30-11:30am Community Aquatics	9:30-10:20am Water Works	10:30-11:30am Community Aquatics	9:30-10:20am Water Works	10:30-11:30am Community Aquatics	
	1:00-1:50 Arthritis Pool Class		1:00-1:50 Arthritis Pool Class		1:00-1:50 Arthritis Pool Class	
	2:45-4:00pm Supervised Swim		2:45-4:00pm Supervised Swim		2:45-4:00pm Supervised Swim	3:00-4:00pm Supervised Swim

SUNSTONE STUDIO (2nd Floor by the Crystal Spa)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20am Body in Motion	9:00-10:00am Gentle Yoga	9:30-10:20am Body in Motion		9:30-10:20am Better Balance	9:00-10:00am Gentle Yoga
10:30-11:15am Fun Fitness	10:30-11:15am Thrive with Exercise	10:30-11:15am Thrive with Exercise	10:30-11:15am Thrive with Exercise	10:30-11:15am Thrive with Exercise	10:30-11:15am Balance Exercises	10:30-11:15am Fun Fitness
		1:00-1:50pm Parkinson Power Moves		1:00-1:50pm Parkinson Power Moves		
		2:00-2:50pm Parkinson Exercise		2:00-2:50pm Parkinson Exercise	1:30-2:30pm Tai Chi	

Fitness Class Descriptions

Arthritis Pool Class - Movements in the water gently stretch the muscles and move the joints that become stiff and painful with arthritis or other medical problems.

Better Balance - Work on balance, coordination and agility as well as leg and core strength.

Body in Motion - Mostly seated exercise with a cardio workout, followed by strengthening exercises and stretching to finish.

Community Aquatics - Residents are welcome to this class. It is a higher intensity work-out for heart and muscle health.

Fun Fitness - Fun activities that get you moving and stretching.

Gentle Yoga - Where you use your breathing to experience the healing power of movement.

One on Ones - The fitness department offers the opportunity to work one on one with a trainer to help you achieve your specific goals. They could include improving strength, stamina or balance. This can be very important after a time of illness or a time of non- activity. Packages: ½ hour - \$22 / ¾ hour - \$28 / 1 hour - \$35

Parkinson's Exercise - Exercises specifically for people with Parkinson's. Work on strength, flexibility, range of motion, manual dexterity, facial expression, voice and gait patterns.

Parkinson's Power Moves - Focuses on functional strength training for Parkinson's Disease in multiple positions, agility through multidirectional movements and active stretching to improve alignment and posture.

Supervised Exercise - Someone will be available to help you with the machines or with your workout.

Supervised Swim - A trainer will be in the pool to help you or be your buddy so you will not be swimming alone.

Thrive with Exercise - A gentler paced seated exercise class that includes work for the heart, strength, and flexibility.

Water Works - Use different water walking patterns to build stamina and endurance, plus use noodles and water dumbbells.

For more information, please call 944-6000.