


WINTER Fitness Calendar

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	9:30-10:15am Water Works	10:30-11:30am Community Aquatics	9:30-10:15am Water Works	10:30-11:30am Community Aquatics	
	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
	9:30-10:15am Body in Motion	9:00-10:00am Gentle Yoga	9:30-10:15am Body in Motion		9:30-10:15am 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 Exercise - Level 2 -	1:00-1:50pm Parkinson Power Moves - Level 3	1:00-1:50pm Parkinson Exercise - Level 2 -	1:00-1:50pm Parkinson Power Moves - Level 3	1:00-1:50pm Golden Steppers	
		2:00-2:50pm Parkinson Exercise - Level 1 -	2:00-2:50pm Veteran's Yoga	2:00-2:50pm Parkinson Exercise - Level 1 -		

See back for class information. →

Fitness Class Descriptions

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.

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 (Level 1) - Exercises specifically for people with Parkinson's. Work on strength, flexibility, range of motion, manual dexterity, facial expression, voice and gait patterns.

Parkinson's Exercise (Level 2) - Exercise in a seated and standing position emphasizing range of motion, balance, posture and body awareness.

Parkinson's Power Moves (Level 3) - 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 & flexibility.

Veteran's Yoga - This inclusive class is suitable for veterans of all abilities; you will be guided through meditation, breathing exercises and asanas (postures) to nurture the mind / body connection.

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

For more information, please call (360) 944-6000.