

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Strong & Steady	Assisted Living Fit & Fun	Strong & Steady		Strong & Steady
10:00 AM	Sit, Fit, & Smile	Sit, Stretch & Breathe (Yoga)	GYM Strong <i>Small Group Strength Training</i>	Sit, Stretch & Breathe (Yoga)	Sit, Fit, & Smile
11:00 AM		Brain Fitness	Memory Care Fit & Fun	Balance Challenge (Level 2)	Balance Boost (Level 1)
1:30 PM	FUNctional Fitness <i>Everyday Movements</i>		FUNctional Fitness <i>Everyday Movements</i>		Health Center Fit & Fun

Class Descriptions

Strong & Steady (45 minutes) Monday, Wednesday & Friday, 9:00 AM - Westminster Hall

Build strength, improve cardio endurance, and power up your core with a fun, full-body workout! Each class brings a fresh mix of exercises to keep things interesting, along with upbeat music to keep you moving and motivated.

Sit, Stretch & Breathe (30 minutes) Tuesday & Thursday, 10:00 AM - Group Fitness Room

Slow down, stretch out, and reconnect with your body in this gentle seated yoga class. Flow through simple movements while pairing your breath with each motion to build flexibility, and strength.

Balance Challenge - Level 2 (30 minutes) Thursdays, 11:00 AM - Westminster

Take your balance to the next level with standing-based exercises and fun drills designed to challenge your stability, coordination, and strength. Come ready to move, challenge yourself, and have some fun!

Balance Boost - Level 1 (30 minutes) Friday, 11:00 AM - Group Fitness Room

Build balance and stability with fun exercises designed to help you feel more confident in everyday life. Standing and seated options are available, with a chair nearby for support when needed.

Sit, Fit, & Smile (30 minutes) Monday & Friday at 10:00 AM - Group Fitness Room

Get moving, build strength, and have some fun, all from the comfort of a chair! This upbeat seated class combines strengthening and stretching with optional hand weights and props to keep things interesting.

GYM Strong - Advanced Sign-up Required- (45 Minutes) Wednesday at 10:00 AM - Fitness Center

Get stronger and feel more confident in this small-group strength training class in the Fitness Center. Use exercise machines, free weights, and a variety of equipment to build strength and support everyday movement.

FUNctional Fitness- Everyday Movements (30 minutes) Monday & Wednesday at 1:30 PM - Fitness Center

Put the fun back in function! This upbeat, full-body class uses everyday movements like squats, weighted walks, push-and-pull exercises, step-ups, and hip hinges to help your whole body work together.

- *All exercises are done standing and can be adapted to different fitness levels.*