

# Class Descriptions

## Bends, Bones, and Balance (T2) M, W, F

This class combines exercise that focuses on endurance, strength, balance, and flexibility. This class is for a variety of fitness levels. You can increase or decrease the intensity level to fit your needs.

## Chair Yoga (T1-2) Tu, Th

Incorporate stretching and breathing to improve your strength and flexibility while safely seated in a chair or standing for brief periods of time.

## Core (T3) Tu, Th

Strengthen your body's primary muscle groups for increased flexibility, stability and balance. This class requires being able to get up and down off the floor.

## Gentle Joints (T1-2) W

This water exercise class is designed to accommodate the abilities of individuals with arthritis and other related conditions.

## Body Fit (T3) M, W, F

Formerly High Fit. This class is sure to get you going! It combines low-impact aerobics, strength exercises, stretching, and balance work. Participants will need to be able to stand for the majority of the class.

## Men in Motion (T2-3) W, F

This class combines cardiovascular health, strength building, balance and flexibility in a men-only environment.

## Movement Matters (T1-2) M, W

In a class that promotes joint health, this is a low impact class that any resident can enjoy regardless of fitness level. This class can help maintain or improve mobility, muscle strength, and functional ability.

## Sit to Be Fit (T1) M, Tu, W, Th

These classes are taught in Taylor Village and Smith/Deal Assisted Living Households. Any resident from Independent Living may attend these classes. Mondays are in Smith/Deal and Tuesday/Thursday are in Taylor Village.

## Use It or Lose It (T1) Mon

Join us in Norcross Square for a 20 minute full body workout.

## Water Fit (T3) Tu, Th

Aerobics, strength, and flexibility are combined in this shallow water class.

## Water Volleyball (T3) M

Take on other residents in an exciting game of water volleyball!

## Water Walk (T1) F

Enjoy 30 minutes of continuous movement followed by light stretching. The water provides a workout that is gentle to the joints.

## Yoga (T3) Tu, Th

Come give yoga a try! Must be able to participate in mat work on the floor.

## Body Works (T2) Sat

This class will utilize various types of equipment for a fun and full-body workout. Focusing on strength building, cardio and flexibility.

## Total Balance (T1-3) F

Come challenge your balance in many different scenarios to help you improve and maintain your balance.

### Tier System:

**Tier 1=T1 classes are designed to perform exercises from a seated position. This is a low impact exercise format designed for all individuals.**

**Tier 2=T2 are formatted classes with optional use of a chair. Participants can also stand as well as the instructor will give seated or standing options. Intensity level is set from low to moderate impact.**

**Tier 3=T3 are classes formatted for the upright standing position. These classes will challenge your overall fitness effort.**



## Health and Wellness

### What's Happening in May? 2017



Welcome, welcome and welcome all to the month of May. May is where the fun begins with the **re-introduction of the wellness classes!!!** All of May's classes will cover core stability, balance, cardiovascular and muscle endurance, strength building, flexibility and mental wellness. Be ready to have some fun and get your mind, body and spirit moving.

We would like to provide a warm welcome to our **new Wellness Department team member, Kenya Serrette!** Kenya has been a wellness coach for more than a decade and teaching group exercise for over 3 years. She has a passion for helping individuals reach their fitness goals as well as prevention. She is certified in Zumba and Silver Sneakers. We look forward to her contribution to our Wellness Department!

\*\*\*Please take note of the return of our **Saturday classes!!!** There will be a land and water class provided each Saturday.

There will be a **Video Conference Call on Thursday May 4th @ 11am in Ilderton Hall** to have an opportunity to talk with another retirement community about their experience with our demo machine in the Fitness Center. Please sign up in the Resident's Activities Book so we will know how many to expect.

On **Friday, May 5th at 4pm**, the Wellness Department will be hosting **Fun with Friends by the Pool**. Slip on your Bermuda's and come enjoy the calming view of the pool's water. We will have table topics to discuss as well as a wellness suggestion box. Have fun, relax and share your views and thoughts as we take advantage of satisfying our mental wellness.



On Thursday **May 11th @ 11:15am** we will take an outdoor venture to **High Point City Lakes** and try our hand in fishing. HPCL will provide the rods and reels, we just have to provide our own worms. Please **sign up** in the Resident Activities Book by **May 8th**.



**May 17th at 2pm in Ilderton Hall**, we will be connecting with activities and participating in **Wheel of Fortune**. Make sure you **sign up** in the Resident's Activities Book to participate. We also need spectators! So, come watch and cheer on the teams!



**May 17th** is also observed as **Hypertension Awareness Day**. We will have a booth set up in the **Wellness Department** to get your pressure checked from **10am-12pm**. Also, come participate in a wellness activity to assist you in maintaining or lowering your blood pressure.



**May 18th @ 4pm** we will have our **Healthy Healer** talk with **Tarryl Moore** -"Staying positive through difficult times", from a 4 star athlete, entrepreneur, husband and family man, to a SURVIVOR of the rare disease **Neuromyolitis Optica**, also known as **Devic's Disease**.

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Contact:</b> Tim: 336-821-4070 Kayla:336-821-4073</p>	<p><b>1</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 10:45 Use It or Lose It (NC) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)</p>	<p><b>2</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>3</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10: 00 Movement Matters (CR) 11:00 Gentle Joints (Pool) 11:30 Sit To Be Fit (SD) 2:00 Men in Motion (CR)</p>	<p><b>4</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>5</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance 11:00 Water Walk (Pool) 2:00 Men in Motion (CR) <b>4:00 Fun with Friends by the Pool</b></p>	<p><b>6</b> 9:00 Body Works (CR) 10:00 Water Fit (Pool)</p>
<p><b>7</b> <b>Fitness Center and Pool</b> <b>Hours:</b> Sunday—Saturday 6am—10pm *When class is not in session*</p>	<p><b>8</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 10:45 Use It or Lose It (NC) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)</p>	<p><b>9</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>10</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10: 00 Movement Matters (CR) 11:00 Gentle Joints (Pool) 11:30 Sit To Be Fit (SD) 2:00 Men in Motion (CR)</p>	<p><b>11</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) <b>11:15 Fishing High Point City Lakes</b> <b>NO Sit To Be Fit (TV)</b> <b>NO Chair Yoga (CR)</b> 1:45 Yoga (CR)</p>	<p><b>12</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance 11:00 Water Walk (Pool) 2:00 Men in Motion (CR)</p>	<p><b>13</b> 9:00 Body Works(CR) 10:00 Water Fit (Pool)</p>
<p><b>14</b> </p>	<p><b>15</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 10:45 Use It or Lose It (NC) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)</p>	<p><b>16</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>17 Hypertension Awareness</b> 8:00Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10: 00 Movement Matters (CR) 11:00 Gentle Joints (Pool) 11:30 Sit To Be Fit (SD) <b>2:00 NO Men in Motion</b> <b>2:00 Wheel of Fortune</b></p>	<p><b>18</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR) <b>4:00 Healthy Healer (IH)</b></p>	<p><b>19</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance 11:00 Water Walk (Pool) 2:00 Men in Motion</p>	<p><b>20</b> 9:00 Body Works (CR) 10:00 Water Fit (Pool)</p>
<p><b>21</b></p>	<p><b>22</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 10:45 Use It or Lose It (NC) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)</p>	<p><b>23</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>24</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Gentle Joints (Pool) 11:30 Sit To Be Fit (SD) 2:00 Men in Motion (CR)</p>	<p><b>25</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>26</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance 11:00 Water Walk (Pool) 2:00 Men in Motion</p>	<p><b>27</b> 9:00 Body Works (CR) 10:00 Water Fit (Pool)</p>
<p><b>28</b></p>	<p><b>29 Memorial Day</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10: 00 Movement Matters (CR) <b>NO Use It or Lose It (NC)</b> <b>NO Sit To Be Fit (SD)</b> <b>NO Water Volleyball (Pool)</b></p>	<p><b>30</b> 8:15 CORE (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Chair Yoga (CR) 1:45 Yoga (CR)</p>	<p><b>31</b> 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Gentle Joints (Pool) 11:30 Sit To Be Fit (SD) 2:00 Men in Motion (CR)</p>			<p><b>Room Key:</b> CR—Community Room BT—Bus Trip IH—Ilderton Hall SD—Smith/Deal TV—Taylor Village WC—Wellness Center NC—Norcross Square</p>