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. (45min)

Flex and Stretch (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. (35min)

Core (T3) Tu, Th Class of the Month!!!!!
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
This class is sure to get you going! It combines low-impact aerobics, strength exercises, stretching, and balance work. Participants will be moving while standing the duration 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
Movement Matters promotes joint health, and is a low impact class for all residents. This class helps maintain or improve mobility, muscle strength, and functional ability. (30min)

Sit to Be Fit (T1) M, Tu, W, Th
These classes are taught in Taylor Village and Smith/Deal Assisted Living Households. Mon/Wed are in SD and Tues/Thurs are in TV.

Use It or Lose It (T1) Mon
Join us in Norcross Square for a 20 min full body workout.

Water Fit (T3) Tu, Th
Aerobics, strength, and flexibility are combined in this shallow water class. (45min)

Water Volleyball (T3) M
Take on other residents in an exciting game of water volleyball! (1hr)

Yoga (T3) Tu, Th
Come give yoga a try! Connect your mind and body. Must be able to participate in mat work on the floor. (1hr)

Total Balance (T1-T3) F
Come allow Total Balance class to increase your daily balance. (30 min)

Ai Chi (T1-3) M
Come enjoy a gentle paced pool class that focuses on balance, breathing and mindfulness. (45 min)

Balance Beats (T2-3) T
Fun way to move to the music and increase balance. (30 min)

Splash Beats (T1-3) T
Cardio exercise to the beat of the music in the POOL! (30 min)

Senior Circuit (T3) Th
Total body training with muscle strengthening and endurance exercises. (30 min)

Feature Classes of the Month

Line Dance: April 11th and 25th we encourage you to put on your boots an d join us in class as we introduce two new line dances (The Boot Scootin Boogie and the Copperhead Road).

Health and Wellness

What's Happening in April

This month of April we will bring focus to recreational sports through gamification. Our goal is to stimulate the mind and body through enjoyment of each activity.

April 4th at 1:30p.m. we will take a practice walk through our community with emphasis on 15 minutes of tempo walking and 15 minutes of recreational walking.

April 7th is our Annual 3K/5K walk/run. Please sign up in the activities book. It will be a fun atmosphere as we invite our friends, family and fellow community members on to our campus to enjoy this function. You are encouraged to invite your family and friends.

April 13th at 1pm the wellness team will host a strength training seminar in the Wellness Center. Dress for movement and be ready to experience fitness through a demo and education of the strength machines as well as the dumbbells. Sign up in the activities book.

April 16th Wii Golf in the Community Room. Let's see who takes home the Wii golfer of the day title? Sign up in the activities book.

April 18th at 1:30p.m.we will enjoy the natural sites of Pennybyrn as we walk into our natural area. Have your bug spray ready. Sign up in the activities book.

April 20th 1:00pm-2:30pm Let's get your bats ready as we use gamification to play a little baseball. Wii baseball will be held in the community room. Sign up in the activities book.

April 23rd Bowling in the community room with the Wii from 1pm-2:30pm. How many strikes can you get? Sign up in the activities book.

April 27th bring on all Tennis players as we venture into Wii tennis in the community room from 12:45-2pm. Sign up in the activities book.

April 28th come enjoy 9 holes of putting on our putting green. We will be putting from 11am-1pm. You are welcome to have a self guided practice before those times if you like. Sign up in the activities book.

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Use It or Lose It (NC) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)	3 8:00 CORE (CR) 9:00 Balance Beats (CR) 10:00 Water Fit (Pool) 11:00 Splash Beats (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45pm Yoga (CR)	4 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) *1:30pm Practice Walk (WC)* 2:00 Men in Motion (CR)	5 8:00 CORE (CR) 9:00 Senior Circuit (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	6 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance (CR) 11:00 Ai Chi (Pool) 2:00 Men in Motion (CR)	7 **2nd Annual** **Pennybyrn 3K/5K** **Registration: 9a.m.** **Walk Starts: 10a.m.**
8	9 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Use It or Lose It (NC) 11:00 Ai Chi (Pool) 11:30 Sit To Be Fit (SD) 12:00 Water Volleyball (Pool)	10 8:00 CORE (CR) 9:00 Balance Beats (CR) 10:00 Water Fit (Pool) 11:00 Splash Beats (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	11 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) ***1:00 Line Dance (CR)*** 2:00 Men in Motion (CR)	12 8:00 CORE (CR) 9:00 Senior Circuit (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	13 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance (CR) 11:00 Ai Chi (Pool) 1:00 Strength Training Seminar 2:00 Men in Motion (CR)	14
15	16 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Ai Chi (Pool) 11:30 Sit To Be Fit (SD) *1:00pm Wii Golf (CR)* 2:00 Water Volleyball (Pool)	17 8:00 CORE (CR) 9:00 Balance Beats (CR) 10:00 Water Fit (Pool) 11:00 Splash Beats (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	18 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) *1:30pm Nature Walk (WC)* 2:00 Men in Motion (CR)	19 8:00 CORE (CR) 9:00 Senior Circuit (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	20 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance (CR) 11:00 Ai Chi (Pool) *1:00 Wii Baseball (CR)* 2:00 Men in Motion (CR)	21
22	23 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Ai Chi (Pool) 11:30 Sit To Be Fit (SD) *1:00 Wii Bowling (CR)* 12:00 Water Volleyball (Pool)	24 8:00 CORE (CR) 9:00 Balance Beats (CR) 10:00 Water Fit (Pool) 11:00 Splash Beats (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	25 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) ***1:00 Line Dance (CR)*** 2:00 Men in Motion (CR)	26 8:00 CORE (CR) 9:00 Senior Circuit (CR) 10:00 Water Fit (Pool) 11:15 Sit To Be Fit (TV) 1:00 Flex and Stretch (CR) 1:45 Yoga (CR)	27 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Total Balance (CR) 11:00 Ai Chi (Pool) *12:45 Wii Tennis (CR)* 2:00 Men in Motion (CR)	28 **9 HOLES PUTT-PUTT** **11AM-1PM** **PENNYBYRN** **GREENS**
29	30 8:00 Body Fit (CR) 9:00 Bends, Bones, Balance (CR) 10:00 Movement Matters (CR) 11:00 Use It or Lose It (NC) 11:00 Ai Chi (Pool) 11:30 Sit To Be Fit (SD) 2:00 Water Volleyball (Pool)		**Pool Hours:** 6am-10pm Sunday-Saturday ***When class is not in session**	**Fitness Center Hours:** 24 hours a day Sunday-Saturday	**Contact:** Tim: 336-821-4070 Kayla:336-821-4073	**Room Key:** CR—Community Room IH—Ilderton Hall SD—Smith/Deal TV—Taylor Village WC—Wellness Center NC—Norcross Square