

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:30-8:30 Supervised Training (All) Gym Sheri			
All Day Table Tennis (L3) GES	8:00-8:45 Hydro Blast (L3)-Pool Net	8:00-8:45 Hydro Blast (L3)-Pool Sheri	8:00-8:45 Hydro Circuit (L3)- Pool Net	8:00-8:45 Hydro Blast (L3)-Pool Sheri		
All day Billiards Open Play Tap				9:00-9:45 Aqua Yoga (L2,L3)-Pool Alana	8:45-9:30 Cardio/Strength Circuit (L3)-GES Carol	
	9:00-9:25 Cardio Conditioning (L3)-GES Sheri	9:00-9:25 Cardio Conditioning (L3)-GES Julia	9:00-9:25 Cardio Conditioning (L3)-GES Sheri	9:00-9:25 Cardio Conditioning (L3)-GES Julia		9:00 – 10:00 Table Tennis (ALL) GES
						9:00 – 10:00 Walkie Talkies (ALL) Lobby
	9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Sheri	9:30-10:00 Strength Conditioning (L3)-GES Julia	9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Sheri	9:30-10:00 Strength Conditioning (L3)-GES Julia	9:30-10:30 Yoga (L3)- GES Cheryl	
			10:00-11:00 Yoga (L3)- GES Cheryl	10:00-10:30 Functional Fitness (L2)-GES Sheri		10:00 Men's Billiard Tap
	10:30-11:00 Balance Basics (L2,L3)-GES Sheri	10:30-11:00 Functional Fitness (L2)-GES Sheri	11:15-12:00 Yoga (L2)-GES Cheryl	10:30-11:00 Balance Basics (L2,L3)-GES Sheri	10:30-11:15 Yoga (L2)-GES	10:00 - 10:45 Line Dance(ALL) (1 <sup>st</sup> and 3 <sup>rd</sup> Sat.) GES  10:00 – 11:00 Zumba (L3) (2 <sup>nd</sup> and 4 <sup>th</sup> Sat.) GES
	11:30-12:00 Functional Fitness (L1)-Ritz Jane	11:30-12:00 Functional Fitness (L1)- Ritz Sheri	11:30-12:00 Functional Fitness (L1)- Ritz Sheri		11:30-12:00 Functional Fitness (L1)- Ritz Ben	11:00 – 12:00 Seated Volleyball (ALL) - Aud
	11:30-12:00 Meditation Circle (All)-GES Larry & Sheri	1:00-1:30 Balance Basics (L2,L3)-GES Sheri			11:30-12:00 Meditation Circle (All)-GES Larry	11:00 Women's Billiards Tap
	1:00-1:45 Tai Chi (L2-L3) GES Nina	1:30-2:15 Therapeutic Aquatics (ALL) Pool Carol	Depart 1:00pm Lobby Check Activities Book for twice monthly Forest Striders Outings	1:30-2:15 Therapeutic Aquatics (ALL) Pool Carol	1:00-1:45 Tai Chi (L2-L3) GES Nina	
	1:30 – 3:30 Billiards Open Play Tap	1:30 – 3:30 Billiards Open Play Tap	1:30 – 3:30 Men's Billiards Tap	1:30 – 3:30 Men's Billiards Tap	1:30 – 3:30 Billiards Open Play Tap	
	2:00-4:00 Supervised Training (All) Gym Sheri			2:00-4:00 Supervised Training (All) Gym Sheri		
	2:30 – 3:30 – Table Tennis (L3) - GES					
	4:00-5:00 Square Dancing (L3) (1 <sup>st</sup> and 3 <sup>rd</sup> Mon) GES  Folk Dancing (L3) (2 <sup>nd</sup> and 4 <sup>th</sup> Mon) GES		3:30 – 4:30 Women's Billiards Tap	3:30 – 4:30 Women's Billiards Tap	<b>LOCATION KEY</b> CF = Carlton Fitness Center GES = Group Exercise Studio RG = Rose Garden RT = Ritz Theater Tap = Taproot Club Room	

**Fitness Center Orientation (All Levels)**

If you are new to the Fitness Center, please schedule an appointment to complete your mandatory orientation.

**Senior Fitness Assessment (All Levels)**

This test gives base line fitness information that compares you to others your age and gender in the areas of strength, flexibility, balance, endurance. Annual assessments are complimentary.

**Balance Basics (Level 2-3)**

Exercises are performed standing, with chair support. Activities focus on skills needed to develop more efficient movement, improve body awareness, and decrease the risk of falls.

**Cardio & Strength Conditioning (Level 3)**

This is an energetic class that offers low-impact aerobics, followed by strength training and stretching.

**Cardio/Strength Circuit (Level 3)**

This is a great mixture of cardiovascular exercises and resistance training. A variety of “stations” will be set up for timed intervals using minimal equipment.

**Functional Fitness (Level 2)**

This class offers seated or standing cardiovascular training as well as strength training and stretching.

**Functional Fitness (Level 1)**

This seated class focuses on maintaining and improving your endurance, strength, range of motion and flexibility. Various equipment is incorporated.

**Hydro Blast (Level 3)**

This water aerobics class is geared to challenge your endurance and strength.

**Hydro Circuit (Level 3)**

This is a high intensity water class. A variety of “stations” will be set up for timed intervals using minimal equipment.

**Folk Dance**

No experience or partner needed to try these fun dances from all over the world.

**Line Dance**

Learn a few line-dances in a casual, fun environment. No partner or experience needed.

**Personal Training & Swim Lessons (All)**

If you would like to work with a Certified Personal Trainer 1:1 on any Fitness, Swim or Rehab goals, please contact Sheri Sampson to schedule an appointment.

\$40 for 1 hour session, \$25 for 30 minute session

**Square Dance**

Square dancers walk in time with the music to make formations and figures. It’s great exercise for both the body and the mind.

**Supervised Training (All Levels)**

A certified personal trainer will be available to offer assistance and supervision.

**Tai Chi (Level 2-Level 3)**

This T'ai Chi class will include warm-ups to open up the joints, Qigong (energy and breath work), walking exercises, and the Wu/Hao Style of T'ai Chi in which to practice the principles of structure and balance.

**Therapeutic Aquatics (All Levels)**

This class is perfect for anyone who would like to reduce pain levels, improve joint function and increase muscle strength- all in a friendly and supportive pool environment.

**Yoga (Level 2)**

The class emphasizes flexibility, range of motion, strength-building, balance and breath work. Participants will be seated in a chair or standing with chair assistance.

**Yoga (Level 3)**

This is a more traditional yoga class with an emphasis on flexibility, range of motion, strength, balance and breath work while standing or on the matt.

**Zumba (Level 2-3)**

Zumba is dance and aerobic exercise with many cultural influences.

No experience is necessary and steps can be modified to meet your fitness level. You will have the option to remain on your feet or perform the dances seated.

Level of Intensity Key
L1 or Level 1 Basic: Light intensity, seated
L2 or Level 2 Intermediate: Moderate intensity (seated with some standing with chair assist if needed)
L3 or Level 3 Advanced: Active (mostly standing and on floor mats)
ALL Adaptable for any capability

**Fitness Center Guidelines**

- All participants must complete the Fitness Center Orientation to the facilities, equipment and programs.
- Please arrive at least 5 minutes before the start of the class.
- Please wear appropriate apparel and footwear.
- Be sure to have your waterproof respond pendant at all times. Practice the buddy system or participate in a group class. Never swim alone!
- Do not use the pool or spa when it is thundering/lightening.
- Lockers are available in the Locker Rooms for residents, guests and employees while using the Fitness Center. Please be considerate of others by not leaving items in lockers or on hooks after you are finished. If locks and/or items are left behind anywhere in the Locker Room, they will be removed and discarded at the end of each week. *Enjoy your workout!*