













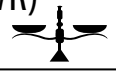
















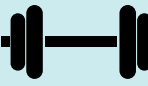




**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

<b>10:00 am</b> Stretching (EWR) 	<b>9:30 am</b> Seated Gentle Yoga (EWR) 	<b>10:00 am</b> Stretching (EWR) 	<b>9:30 am</b> Tai Chi for Beginners (EWR) 	<b>10:00 am</b> Stretching (EWR) 	
<b>11:00 am</b> Drop In Cycling (EWR) 	<b>11:00 am</b> Balance (EWR) 	<b>11:00 am</b> Drop In Cycling (EWR) 	<b>11:00 am</b> Balance (EWR) 	<b>11:00 am</b> Drop In Cycling (EWR) 	
<b>1:00 pm - 2:00 pm</b> Open Gym (WG) 	<b>2:00 - 4:00 pm</b> Open Pool (P) 	<b>1:00 pm - 2:00 pm</b> Open Gym (WG) 		<b>1:00 pm - 2:00 pm</b> Open Gym (WG) 	
<b>1:30 pm</b> C.L.I.M.B (EWR) 		<b>1:30 pm</b> C.L.I.M.B (EWR) 	<b>2:00 - 4:00 pm</b> Open Pool (P) 	<b>1:30 pm</b> C.L.I.M.B (EWR) 	
<b>2:00pm</b> Water Aerobics (P) 		<b>2:00pm</b> Water Aerobics (P) 		<b>2:00pm</b> Water Aerobics (P) 	
<b>3:00pm</b> Body Bingo (B) 	<b>3:00 pm</b> Collaboration with Social Department		<b>3:00pm</b> Alternating Classes (L)	<b>3:00pm</b> Triva (L) 	
				<b>4:00pm</b> Walking Club (CH) 	

**Thursday Alternating Classes**  
 1/04- Health Talk  
 1/11-Super Food Thursday  
 1/18- Health Talk  
 1/25-Super Food Thursday

**CLASS ICONS KEY**

 Flexibility/Stretching	 Chair Based/Low Intensity
 Low-Intensity Pool	 Balance-Based
 Moderate-to High-Intensity	 High-Intensity Pool
 Yoga/Pilates	 Strength-Based
 Orientation	 Brain Fitness/Health Talks

**ROOM ABBREVIATION KEY**

EWR-Exercise Wellness Room  
 WG- Wellness Gym  
 P- Pool  
 CH- Clubhouse  
 B- Bar Area  
 L- Library

## CLASS DESCRIPTIONS

**Balance:** Safely and efficiently push your boundaries in balance, conditioning and strength by challenging yourself in this class designed to help improve your daily active lifestyle.

**Body Bingo:** Bingo focused on movement and exercise in order to win the game!

**C.L.I.M.B.:** Confidence, Longevity, Independence, Mobility and Balance. A class specifically designed to build strength and increase the endurance of our lower body.

**Open Pool:** Come swim or play. Open pool time for members outside of classes.

**Stretching:** Wake up, limber up and feel better! A class specifically designed towards loosening tight muscles, reducing pain and improving flexibility and balance.

**Seated Gentle Yoga:** Come join us for this class designed to work both body and mind. Designed to accommodate all skill levels and abilities.

**Tai Chi for Beginners:** Learn slow, methodical movements that flow together to improve balance, strength, blood flow and range of motion for the joints. Class will be held in the Wellness Center.

**Trivia:** A challenging mental workout that will focus on solving trivia puzzles to sharpen mental processes and overall over all brain function.

**Walking Club:** Walk talk and meet new friends as we traverse the Well-more campus inside and out. Getting exercise as we walk with a purpose.

**Water Aerobics:** Time to H2GO! A full body aquatic fitness class geared to the abilities of all members looking to lose weight, build strength and improve physical fitness all while having fun in the pool.

## YOUR WELLNESS DIRECTOR

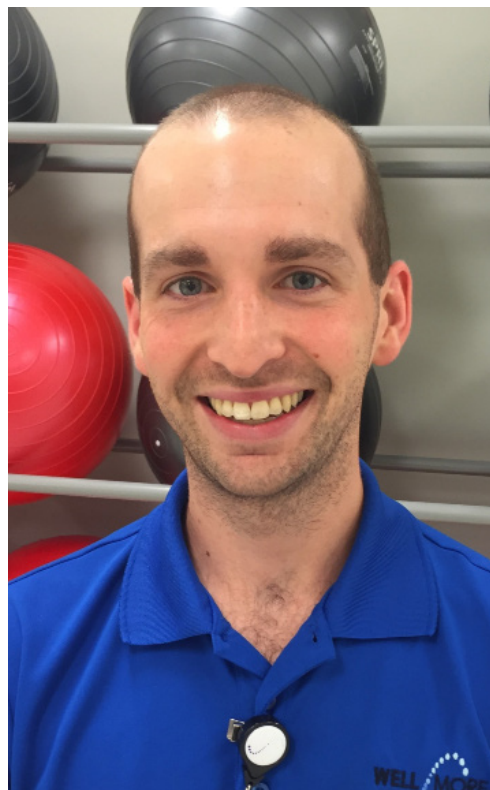


### JASMINE WASHINGTON

Bachelor's Degree in Exercise Science  
Master's Degree in Healthcare Administration  
Certified in Personal Training & Group Fitness  
Worked in wellness for the past 4 years  
Excited to be here at Wellmore of Lexington



## YOUR WELLNESS ASSOCIATE



### Griffin Burgess

Degree in Exercise Science for University of South Carolina  
American College of Sports Medicine Certified Exercise Physiologist  
Background in Orthopedic Physical therapy  
Vast experience in fitness industry with experience in personal training and group classes



# January 2018 WELLNESS SCHEDULE