





























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am Stretching (EWR) 	9:30 am Seated Gentle Yoga (EWR) 	10:00 am Stretching (EWR) 	9:30 am Tai Chi for Beginners (EWR) 	10:00 am Stretching (EWR) 	
	11:00 am Balance (EWR) 		11:00 am Balance (EWR) 	1:00 - 2:00 pm Open Gym (WG) <i>* No Class 11/17 or 11/24</i>	
1:00 - 2:00 pm Open Gym (WG)		1:00 - 2:00 pm Open Gym (WG)	2:00 pm Drop in Cycling (EWR) 	1:30 pm C.L.I.M.B (EWR) 	
1:30 pm C.L.I.M.B (EWR) 	2:00 - 4:00 pm Open Pool (P) 	1:30 pm C.L.I.M.B (EWR) 		2:00pm Water Aerobics (P) 	
2:00pm Water Aerobics (P) 	3:00 pm Pool Volleyball (P) 	2:00pm Water Aerobics (P) 	2:00 - 4:00 pm Open Pool (P)	3:00pm Triva (L) 	
3:00pm Body Bingo (B)	4:00pm Collaboration with Social Department			4:00pm Walking Club (CH) 	

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

Live Well. Long Long. Live!

Thanksgiving Day Schedule
Normal classes are cancelled on Thanksgiving (11/23). Join us at 10:00 am for Early Morning Stretching (EWR).

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!

Body Fit: An invigoration full body exercise class for all skill levels. Enjoy utilizing free weights, resistance bands and music to build stronger muscles and increase blood flow.

Brain Teasers: Come and join us for fun games and activities to exercise your brain.

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

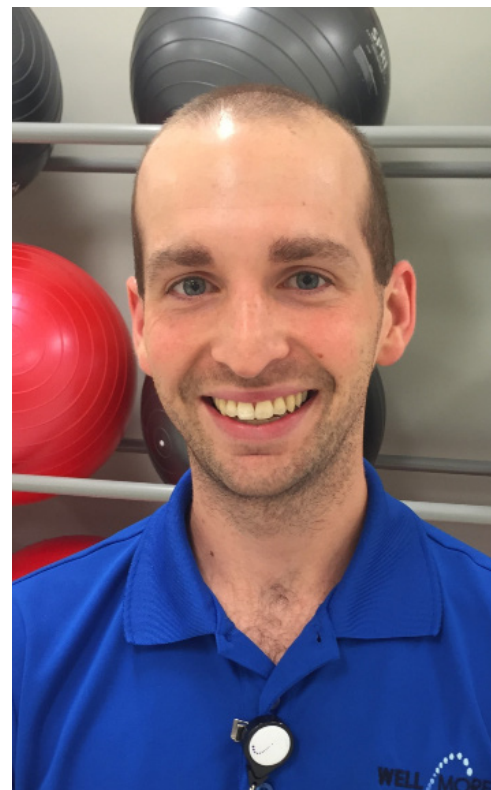


JASMINE WASHINGTON

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



November 2017 WELLNESS SCHEDULE