

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:45 - 10:20 am Aqua Fitness (Pool)	9:45 - 10:20 am Tighten and Tone (Fitness Studio)	9:45 - 10:20 am Aqua Fitness (Pool)	9:45 - 10:20 am Tighten and Tone (Fitness Studio)	9:45 - 10:20 am Aqua Fitness (Pool)	9:45 - 10:45 am Supervised Functional Movement (Wellness Gym)
10:30 - 11:00 am Supervised Functional Movement (Wellness Gym)	10:30 - 11:00 am Supervised Functional Movement (Wellness Gym)	10:30 - 11:00 am Supervised Functional Movement (Wellness Gym)	10:30 - 11:00 am Supervised Functional Movement (Wellness Gym)	10:30 - 11:00 am Supervised Functional Movement (Wellness Gym)	
11:15 - 11:45 am Introduction to Exercise (Fitness Studio)	11:15 - 11:45 am Stretch & Breathe (Fitness Studio)	11:15 - 11:45 am Introduction to Exercise (Fitness Studio)	11:15 - 11:45 am Stretch & Breathe (Fitness Studio)	11:15 - 11:45 am Introduction to Exercise (Fitness Studio)	11:00 - 11:45 am Stretch and Breathe (Fitness Studio)
1:15 - 2:00 pm Brain Fitness/Trivia (Dining Room Bar)	1:15 - 1:45 pm Wellness Outdoor Sports (The lawn behind the Dining Room)	1:15 - 2:00 pm Brain Fitness/Trivia (Dining Room Bar)	1:15 - 1:45 pm Wellness Outdoor Sports (The lawn behind the Dining Room)	1:15 - 2:00 pm Brain Fitness/Trivia (Dining Room Bar)	1:00 - 1:30 pm Smoothie Saturday June 2, 16 and 30
					1:00 - 1:30 pm Wellness Fun Facts June 9 and 23
	2:00 - 4:00 pm WAVES Sessions & Training (Pool)		2:00 - 4:00 pm WAVES Sessions & Training (Pool)		1:30 - 2:15 pm Zumba Silver (Fitness Studio)
3:15 - 4:00 pm Afternoon CLIMB Workout (2nd Floor Activity Room in AL)		3:15 - 4:00 pm Afternoon CLIMB Workout (2nd Floor Activity Room in AL)		3:15 - 4:00 pm Afternoon CLIMB Workout (2nd Floor Activity Room in AL)	

MEET THE WELLNESS TEAM



Erica Peterson
Wellness Director

Bachelor of Science in
Exercise Science
Certified ISSA Exercise
Therapist
TRX Total Body Resistance
Instructor
Certified Pound Fit nstructor
Certified Dementia Practioner
Certified WAVES Instructor
Licensed Zumba Instructor



Anterica Thomas
Wellness Associate

Bachelor of Science in
Exercise Science
Certified WAVES Instructor

JUNE SPECIAL EVENT

June 15th • 3:30pm Demonstration & Health Lecture on "How much sugar is in that?"

Join the Wellness Department in the Dining Room Bar Area right before Happy Hour on June 15th for an awesome Wellness Lecture! We will be doing a fun & interactive lecture on the appropriate amount of sugar for males & females as well as how long it takes for the caloric expenditure. We will be doing a demonstration on how many teaspoons/ tablespoons of sugar are in every day drinks such as our breakfast drinks, soft drinks, pastries & our every day snacks. This lecture & demonstration is going to be amazing & full of in depth nutritional education! We will also have a fruit platter to snack on during this lecture time! Hope to see you there!

CLASS DESCRIPTIONS

Afternoon Strolls: Meet the Wellness Staff at the Assisted Living Concierge for an afternoon stroll around the Wellmore Property! If there is ever a rainy day, we will walk through the halls together or use some cardio equipment in the gym for the time being!

Aqua Fitness: Jump right in! The water feels great! Our indoor-heated saltwater pool is set around 92 degrees to ensure an efficient aquatic experience! With a mix of flexibility, strength training, balance and cardio exercises, emerge from the pool feeling refreshed, energized & toned! Water shoes are recommended but are not required.

Balance & Strength: Two incredibly important components of fitness! In this class we will be using ankle weights & free weights to improve our balance & strength! We will also be implementing sit & stands along with balance walking along our newly installed balance bars in the fitness studio!

CLIMB: Consistency, Longevity, Independence, Mobility & Balance! The goal of this class is to improve your lower body physical condition! We do exercises such as calf raises, modified knee bends, lateral leg raises & hamstring curls!

Introduction to Exercise: This class is for those who are new to exercise or those who are restarting their fitness journey! This class is a wonderful transitional program for those being

discharged from physical therapy. The format of this class is as followed: Seat warm up, upper body resistant band exercises, seated lower body exercises, 2lb weighted ball upper body exercises & modified abdominal exercises. In this class, we also complete the Genesis 12 Otago Therapy Exercises!

Sing-a-long & Walking Class: The best of both worlds, exercising our muscles & also our brain muscles! We begin this class with a 30 minute sing-a-long that includes song lyrics sheet with music. Join us in the Reflections activity room as we sing & reminisce through some of your favorite songs! The last 15 minutes will be followed by cardiovascular group walking around the Reflections Unit or Courtyard, weather permitting! Family & friends are encouraged to participate!

Saturday Wellness Fun Facts: Every SECOND & FOURTH Saturday, meet The Wellness Department in the Private Dining Room for a weekly dose of Wellness Education! You will receive information from topics such as hydration, flexibility, strength, nutrition, vitamins, exercises & more!

Smoothie Saturday: Every FIRST & THIRD or possible FIFTH Saturday of the month, meet The Wellness Department in the Private Dining Room for a smoothie full of healthy nutrients! We will be having smoothies on Saturday, June 7th & Saturday June 21st!

Stretch & Breathe: This is a seated class that includes a gentle warm-up & stretch from head to toe! Deep Breathing is also instructed to encourage to relax the body & mind while stretching & breathing!

Supervised Functional Movement: One staff from our wellness department will be present during this class! We will be there to assist you throughout your workout on the weight machines and/or the cardio equipment. This class is for those who are looking for guidance on the weight machines, such as how to load the machines & guidance on how many repetitions to complete. This is a fantastic transitional class after being discharged from Physical Therapy!

Tighten & Tone: Increase flexibility, range of motion & your overall strength! Dumbbells, resistant bands, weight balls & stability balls are incorporated into a total body workout!

12 Genesis Otago Exercises: What makes 12 Exercises more fun? Complete them with a group! This class focuses on 12 Therapy Exercises. The benefits of this class include decreased risk of falls along with improved balance, muscular strength, general fitness & general well-being.

Virtual Walking Class: Have you ever experienced a walk through a vibrant forest or witnessed a water fall in Hawaii? In this class we will use our Leg Activator Machines to exercise our lower extremities &

watch a virtual walking video on the flat screen TV! The Leg Activator works best to improve blood circulation, leg inflammation & vascular issues.

WAVES Sessions: Our Residents will receive such beneficial physical & cognitive aspects throughout their WAVES Sessions! There are a variety of upper, lower & cardiovascular exercises. WAVES sessions will be complete in the wellness pool. Contact the Wellness Department today to be paired with a certified WAVES trainer here at Wellmore of Daniel Island!

Wellness Outdoor Sports: Join us on the back lawn behind the wellness center for some wellness outdoor sports! There will be a variety of outdoor games such as bocce ball, croquet, corn hole, horse shoes, yard Yahtzee, outdoor tic-tac-toe, badminton and outdoor jingal! Be sure to wear your sunglasses and/or a hat to ensure that you have the best time & stay safe out in the sun!

Zumba Silver: Zumba® Silver is a class that is specially designed to cater to the needs of beginners of all ages, active older adults, and those just starting on their fitness journey. Zumba Silver® is also for those individuals who are new to working out, or who suffer from physical impairment. Unlike normal Zumba classes, Zumba® Silver involves moving at a slower pace. This dancing exercise is associated with many cardiovascular & muscular health benefits.



June 2018

WELLNESS SCHEDULE