

MONDAY


























TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 am Stretching (EWR) 	10:00 am Seated Gentle Yoga (EWR) 	10:00 am Stretching (EWR) 	9:30 am Tai Chi for Beginners (EWR) 	10:00 am Stretching (EWR) 	
10:45 am Drop In Cycling (EWR) 	11:00 am Balance (EWR) 	10:45 am Drop In Cycling (EWR) 	11:00 am Balance (EWR) 	10:45 am Drop In Cycling (EWR) 	
1:00 - 2:00 pm Open Gym (WG) 		1:00 - 2:00 pm Open Gym (WG) 		1:00 - 2:00 pm Open Gym (WG) 	
1:30 pm C.L.I.M.B (EWR) 		1:30 pm C.L.I.M.B (EWR) 		1:30 pm C.L.I.M.B (EWR) 	
2:00pm Water Aerobics (P) 	2:00 - 4:00 pm Open Pool (P) 	2:00pm Water Aerobics (P) 	2:00 - 4:00 pm Open Pool (P) 	2:00pm Water Aerobics (P) 	
3:00pm Sit to Be Fit (EWR) 	3:00 pm Collaboration with Social Department	3:00pm Sit to Be Fit (EWR) 		3:00pm One on One 	
				4:00pm Walking Club (CH) 	

CLASS ICONS KEY



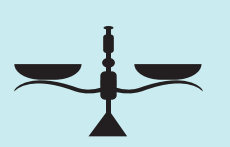
Flexibility/
Stretching



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

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.

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.

Sit to Be Fit: This class is designed to strengthen the body for daily activities.

Exercises will encourage better breathing, correct posture and stronger muscles.

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 Wellmore campus inside and out. Getting exercise as we walk with a purpose.

Water Aerobics: Time to H2G0! 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

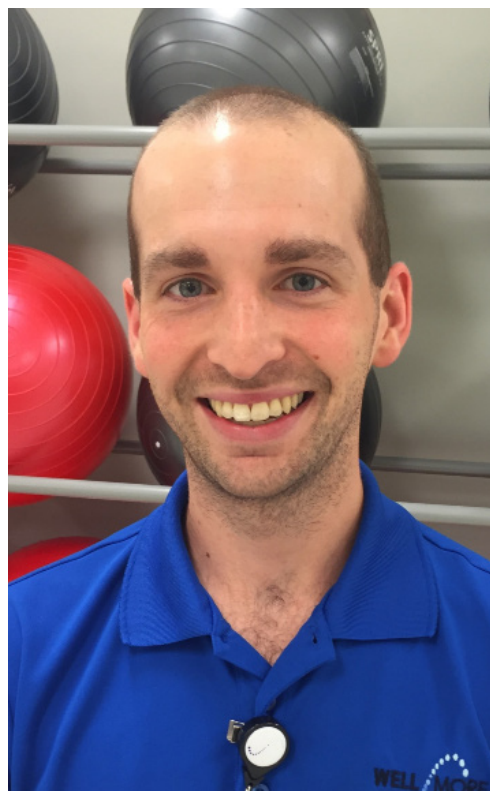
Certified in Personal Training & Group Fitness

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



June 2018

WELLNESS SCHEDULE