



















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<div>10:00 am</div> <div>Body Recall</div> <div>(GFR)</div> <div></div>	<div>10:00 am</div> <div>Balance</div> <div>(GFR)</div> <div></div>	<div>10:00 am</div> <div>Cardio</div> <div>(6/6 & 6/20)</div> <div>Resistance Bands</div> <div>(6/13 & 6/27)</div>	<div>10:00 am</div> <div>Climb</div> <div>(GFR)</div> <div></div>	<div>10:00 am</div> <div>Fun Friday</div> <div>(GFR)</div> <div></div>	<div>10:00 am</div> <div>Yoga</div> <div>(6/2, 6/16 & 6/30)</div> <div>Tai Chi</div> <div>(6/9 & 6/23)</div>	
	<div>10:45 am</div> <div>Aquacize</div> <div>(P)</div> <div></div>	<div>10:45 am</div> <div>WAVES</div> <div>(P)</div> <div></div>	<div>10:45 am</div> <div>Aquacize</div> <div>(P)</div> <div></div>	<div>10:45 am</div> <div>WAVES</div> <div>(P)</div> <div></div>	<div>10:45 am</div> <div>Open Pool</div> <div>(P)</div> <div></div>		
	<div>1:30 pm</div> <div>Seated Yoga</div> <div>(GFR)</div> <div></div>	<div>1:30 pm</div> <div>Strolls</div> <div>(C)</div> <div></div>	<div>1:30 pm</div> <div>Seated Yoga</div> <div>(GFR)</div> <div></div>	<div>1:30 pm</div> <div>Afternoon Sport</div> <div></div>	<div>1:30 pm</div> <div>Cooking Creations</div> <div>(B)</div> <div></div>		
	<div>3:00 pm</div> <div>Health Talk</div> <div>(B)</div> <div></div>	<div>3:00 pm</div> <div>Tai Chi</div> <div>(GFR)</div> <div></div>		<div>3:00 pm</div> <div>Tai Chi</div> <div>(GFR)</div> <div></div>			
<div>3:30 pm</div> <div>Health Jeopardy</div> <div>(6/3 & 6/17)</div> <div>Healthy Trivia</div> <div>(6/10 & 6/24)</div>		<div>3:45 pm</div> <div>Trivia</div> <div>(GR)</div> <div></div>	<div>Thursday, June 21st is our</div> <div>Summer Fun</div> <div>KICKOFF</div>			<div>10:30am - Sandcastle Competition (CY)</div> <div>1:30pm - Tacky Tourist Fashion Show (GR)</div> <div>2:00pm - Beach Ball Competition (CY)</div> <div>3:00pm - Live Music (B)</div> <div>6:00pm - Ice Cream Social (CY)</div>	

CLASS ICONS KEY



Flexibility/
Stretching



Low-Intensity
Pool



Moderate-to
High-Intensity



Yoga/
Pilates



Orientation



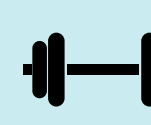
Chair Based/
Low Intensity



Balance-
Based



High-Intensity
Pool



Strength-
Based



Brain Fitness/
Health Talks

ROOM ABBREVIATION KEY

B- Bistro

C- Concierge

EXE- Exercise Equipment Room

GFR- Group Fitness Room

GR- Game Room

P- Pool

Monday Health Talk Topics

June 4th - Health Talk with Genesis

June 11th - Osteoporosis with guest speaker

June 18th - Men's Health Talk

June 25th - Protection from the Sun

Thursday Afternoon Sport Games

June 7th - Croquet (CY)

June 14th - Washer Toss (CY)

June 21st - Beach Ball Competition (CY)

June 28th - Bowling (GR)

Friday Cooking Creations

June 1st - Nutella & Banana Sushi

June 8th - Homemade Ice Cream

June 15th - Rainbow Banilla Bites

June 22nd - Bana Split Bites

June 29th - Cooking with Chef Alex

CLASS DESCRIPTIONS

Afternoon Sport: Come and join us for indoor/outdoor fun with games such as basketball, frisbee, bowling, ring toss, horseshoes, corn hole or putt-putt.

Aquacize: Jump right in... the water feels great! With a mix of flexibility, strength training, balance and cardio exercises, emerge from the pool feeling energized and toned.

Balance: This class focuses on improving your balance while strengthening the core and legs.

Body Recall: A combination of stretching and range of motion exercises designed to maintain and increase the balance and flexibility needed to successfully engage in an active lifestyle.

C.L.I.M.B.: This class hones in on lower body strength to improve and maintain confidence, longevity, independence, mobility, and balance.

Fit Training: This class is a combination of upper and lower body functional exercises to improve ADLs (activities of daily living).

Fun Friday: Join us for a fun and energizing way to exercise.

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

Seated Yoga: Join us for a relaxing chair workout that unites mind, body, and breath. This class helps improve strength, flexibility, proper body alignment, circulation, and lung capacity.

Stretch: A relaxing workout that unites mind, body, and breath. This class helps improve strength, flexibility, proper body alignment, circulation, and lung capacity.

Sunday Strolls: Walk, talk, and meet new friends as we traverse the Wellmore campus inside and out. Getting exercise as we walk with a purpose.

Tai Chi: Tai Chi with its gentle, flowing movements, unites mental concentration and movement to improve muscle strength, balance, flexibility and promotes a positive mindset. It is a slower paced type of exercise that is appropriate for those with or without arthritis.

Trivia: Join us for this light-hearted afternoon trivia session where we learn and share some interesting facts.

WAVES: Award-winning aquatics program designed to soothe anxiety, improve appetite, and strengthen bonds between members and caregivers.

YOUR WELLNESS DIRECTOR



Meaghan Walker

Bachelor's Degree in Exercise Science from Winthrop University
Certified under Dr. Paul Lam- Tai Chi for Arthritis & Fall Prevention

If you have any personal wellness questions or class suggestions, feel free to email Meaghan at: Meaghan.Walker@Well-More.com



WELLNESS SPOTLIGHT



Virginia S.

Favorite Exercise Class?

All of the 10am morning classes

Favorite Machine?

Nu-Step Bike

Why Do You Enjoy Exercise?

I need it. I wouldn't get out of bed without it.



June 2018

WELLNESS SCHEDULE