



| Group Exercise Schedule | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Water Aerobics 9:30am | Stations of Strength 9:30am | Water Aerobics Circuit 9:30am | Stations of Strength 9:30am | Water Aerobics 9:30am |
| Shag Dance Instruction 10:15am | Balance and Posture 10:15am | Beginner Line Dancing 10:15am | Balance and Posture 10:15am | Beginner Line Dancing 10:15am |
| Chair Yoga 11:15am | Morning Stretch 11:15am | Chair Yoga 11:15am | Mat Yoga 11:15am | Chair Yoga 11:15 am |
| T'ai Chi 2:00 – 3:00 pm | *Movement Enhancement* 2:00 pm First Class, May 21 Pre-registration with Wellness required | | *Movement Enhancement* 2:00pm May 23 Pre-registration with Wellness required | |
| Beginner Balance, Strength & Stretch 3:00pm | Beginner Water Exercise 3:00pm | Beginner Balance, Strength & Stretch 3:00pm | Seated T'ai Chi 3:00pm | |
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| Saturday |
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| Seated T'ai Chi 2:00 – 2:30 pm |

| Recreation Schedule | | | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Pickle Ball 9:00am | | Pickle Ball 9:00am | | Corn Hole 2:00pm Moultrie Room | Billiards 10:30am | |
| Pickle Ball Clinics May 6 & 13 - 9:00am Please register with Wellness | Putting Green 4:00pm | Pickle Ball Clinics May 8 & 15 – 9:00am Please register with Wellness | Shuffleboard Practice 1:30pm Courtyard | Ping Pong Group Ex Room 3:30pm table open until Monday morning | Bocce Ball 1:00pm Bocce Court | Corn Hole 4:00pm Moultrie Room |

*Wellness is starting a **consecutive six week exercise program** exclusively for those diagnosed with any Neurological disorders. Movement Enhancement Exercise Program serves as a building block for activities of daily living. Movements practiced are based on agility, flexibility, balance and strength and are formatted according to the specific individual's physical capabilities. Other activities include voice therapy, breathing techniques, and cognitive enhancement practices.

If you would like to join this free small group training class, registration is required. Please contact Comfort Richardson in Wellness at 910-512-3470. Or email at corichardson@libertyseniorliving.com.*

Class Descriptions

Chair Yoga - Gentle stretching, postural awareness, deep breathing, relaxation and stress reduction.

Beginner Balance, Strength & Stretch– full body strengthening exercises, conditioning to ensure body awareness, agility and stretching are all components needed for proper balance.

Beginner Water Exercise – Emphasis on water walking, range of motion activities, balance conditioning, resistance training and stretching. Chair lift is available for your convenience.

Balance and Posture – Core strength exercises, stretching and postural alignment conditioning to ensure body awareness, agility and stability.

Line Dancing - Beginner level. A type of dancing in which participants line up in a row without partners and follow a choreographed pattern of steps to music.

Morning Stretch – Seated and standing complete body stretches to increase range of motion and release tension.

Shag Dance Instruction - Join local Shag instructor Kae Childs beginning Monday May 6 at 10:15am.

Stations of Strength – Strength training is very important in that it will protect your joints from injury. It will also control weight management and most important, maintain your balance and flexibility so you remain independent forever. This is a user friendly class. If you have restrictions, other exercises will be provided in order for you to get the maximum benefit of the class.

T'ai Chi Chair / Standing - T'ai chi is an art embracing the mind, body and spirit. Originating in ancient China, T'ai Chi is one of the most effective exercises for health of mind and body. On a physical level, T'ai Chi improves strength, flexibility, aerobic conditioning and balance. Excellent exercise for arthritis, Parkinson's, anxiety and depression.

Water Aerobics / Circuit – Cardiopulmonary based exercise with strength conditioning and stretching incorporated. All practiced in the warm salt water of the South Bay pool.

Mat Yoga – Floor yoga incorporated with some standing poses. Participants must be able to get down and up off the floor with little or no assistance.