

Temporary “Pool” Class Schedule

(Beginning 9/11/23 – 10/11/23) Updated 9/25/23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30a	Footsteps with Friends (outdoors)	Footsteps with friends (outdoors)	Footsteps with friends (outdoors)	Functionally Fit (Mind body)	Functionally Fit (Gym)	Functionally Fit (Gym)
9:45a	Functionally Fit (Mind Body)	Functionally Fit (Gym)	Functionally Fit (in Gym for warm up then move to Mind Body)	Footsteps with Friends (outdoors)	Footsteps with friends (outdoors) Sit to be Fit (Mind Body) (10:00)	
11a	Game On (outdoors)	Game On (Outdoors)		Game On (outdoors)		
4:00p		Functionally Fit (Mind Body)				

Descriptions

Game on: (weather depending – alternative location Gym)

Come join your Aquatic Staff for a fun hour of exercise through play. We will be playing classic outdoor games such as Bocce ball, Croquet, Fitness Bingo, and other fun group games. Come for the socializing stay for the fun. Bring your own lunch after words for a picnic lunch.

**Dress in easy to move clothes and athletic shoes are required.*

Footsteps with Friends: (weather depending – alternative location Gym)

Your Aquatic Staff will lead you through a gentle walking workout outside behind West Wood. We will meet in the gym for our warmup then proceed to the walking trail. This is a walk at your own pace and there will be designated stopping points for those that need it. We will also add in some balance, mindfulness, and Neurologic exercises to create variety. Then we will head back to the gym for a cool down and stretch.

**Dress in easy to move clothes and athletic shoes are required.*

Functionally Fit:

This class will incorporate walking and chair exercises that focus on range of motion, strength, and stability. Exercises will be performed sitting as well as standing utilizing the chair for balance.

**Dress in easy to move clothes and athletic shoes are required.*

Sit to be Fit:

Improve fitness while sitting and/or using your chair for support. Includes light weights, bands, stretching, and body weight exercise. Recommended for those who have limited mobility and want to improve strength and balance. **Dress in easy to move clothes and athletic shoes are required.*