



WELLNESS SCHEDULE

Monday

- 8:40-9:20 Fitness & Function/ WC/ Jeff
- 9:30-10:00 Seated Stretch & Strength/ WC/ Jeff
- 10:30-11:15 Chair Yoga/WC/Alice
- 1:00-2:00 Brain Games/WC/Jeff

Tuesday

- 1:45-2:30 Easy Enhance Fitness/ WC/ Angelika
- 2:45-3:30 Progressive Muscle Relaxation/WC/Angelika
- 4:00-4:45 Tai Chi for Better Balance / WC/ Angelika

Wednesday

- 9:30-10:00 Seated Stretch & Strength/ WC/ Jeff
- 11:00-11:45 Bowling/WC/Angelika
- 1:00-2:00 Paraffin Wax/ WC/ Angelika
- 3:00-3:45 Standing Moves for Better Balance/WC/Angelika

Thursday

- 9:30 –10:00 Seated Dynamic & Static Stretch/WC/Angelika
- 10:30-11:15 Chair Yoga/WC/Alice
- 1:45-2:30 Exercise and Socialize/WC/Angelika

Friday

- 8:45-9:30 Enhance Fitness/WC/ Angelika
- 11:00-12:00 Paraffin Wax/WC/Angelika
- 3:00-3:45 Standing Balance Disc Class/WC/Angelika

Saturday

- 10:00-10:45 Seated Balance Strength /WC/Angelika
- 12:15-12:45 Open Wellness Orientation/WC/Angelika

Sunday

- 10:00-10:30 Seated Stretch & Strength/ WC/ Jeff
- 11:40 –1:00 Chair Massage/WC/Jeff

