

Ship Shape Exercise Schedule

Monday:

9:15 AM Cardio Dance FUN! (Fitness Center)
10:00 AM Balancing Act (Standish Center)
11:00 AM Chair Exercise (Standish Center)

March 2024

Tuesday:

9:30 AM Health Center Sit and Be Fit (3rd Floor- Health Center)
10:00 AM Rise and Shine Stretch (Standish Center) **Bring your Yoga Mat!**
11:00 AM Chair Exercise (Standish Center)
2:00 PM Assisted Living Chair Class (2nd Floor ALF)
3:00 PM Memory Care Chair Class (1st Floor of Allerton)

“Luck is
when preparation
meets opportunity”

Darryl Astin
10 Dec 2011 11:22 pm

Wednesday:

9:15 AM Start Strong Weights Class (Fitness Center)
10:00 AM Advanced Balance Class (Fitness Center)
Must pre-sign up. Class limited to 10 participants. Must have strong foundation in balance and use no assistive devices.
11:00 AM Chair Exercise (Standish Center)
12:00 PM Wednesday Wellness Walks (Meet in the lobby and walk outside)

Thursday:

9:15 AM Brain Fitness (Standish Center)
10:00 AM Basic Ballet Barre (Standish Center)
11:00 AM Chair Exercise (Standish Center)

March Wellness Events:

March 8th- 2:00 PM- Cornhole in Standish
March 27th-2:00 PM- Nutrition Class:
Overnight Oats in Standish *sign-up required*

Friday:

9:15 AM Posture, Core and More (Standish Center)
10:00 AM YOGA with Ashley (Standish Center) **Bring your Yoga Mat**
10:00 AM Weights Class #2 with Sarah (Fitness Center)
11:00 AM Chair Exercise (Standish Center)