

# 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)

# April 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)

*Hop into any class!*



## Wednesday:

- 9:15 AM Start Strong Weights Class (Fitness Center)
- 10:00 AM Water Fitness (Pool) IS BACK!**
- 11:00 AM Chair Exercise (Standish Center)
- 12:00 PM Wednesday Wellness Walks (Meet in the lobby and walk outside)**

**\* ONLY ON April 10th and 24th\***

## Thursday:

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

### April Wellness Events:

- Saturday, April 6th-** Walk for Parkinson at Cranes Roost
- Monday, April 8th-** NCAA Basketball Finals at 6:30 PM at Cru Quarters. Food, drinks, games!
- Wednesday, April 24th-** 2:00 PM- Nutrition Class Salad Jars

## 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)