

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)

May 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)



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- Cru Lunch)**
*** ONLY ON May 1st and 15th***

Thursday:

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

May Wellness Events:

Wednesday, May 29th

National Senior Health and Fitness Day!
Full day of special events.
See flyer for detailed schedule.

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)