




Health & Wellness

October 2018 Fitness Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|---|--|---|---|---|---|
| 8:00 am (unless otherwise noted) | Spin Sue | HIIT starts 7:45 am Vicki | Spin starts 7:45 am Vicki | HIIT starts 7:45 am Vicki | Spin Sue | Spin starts 7:45 am Vicki |
| 9:00 am | Balance n Stretch Sue | Yoga Jeanne | | Pound Oct. 11 / Yoga Oct. 18 & 25 | Cardio Sculpt Sue | Balance n Stretch Sue |
| 9:00 am Indoor Pool | Water Aerobics *FREE Resident Led | | Water Aerobics *FREE Resident Led | | Water Aerobics *FREE Resident Led | |
| 10:00 am | Cardio Lite Neola | Zumba Gold Wendy | | Zumba Oct. 11 / Pound Oct. 18 & 25 | Cardio Lite Neola | Men's Stretch Sue |
| 11:00 am Outdoor Pool | | Aqua Fitness *FREE Resident Led | | Aqua Fitness *FREE Resident Led | | |
| 11:00 am | Tai Chi FREE *Resident Led Kim | Silver Yoga Wendy | Tai Chi Chair FREE *Resident Led Kim | Silver Yoga Wendy No Class 10/4 | Tai Chi FREE *Resident Led Kim | |
| 6:00 pm | Couples Country Western 2 Step *FREE |  First Class Oct. 15 | | | | |
| 7:45 pm Outdoor Pool | | Co-ed Aqua Boot Camp *FREE Resident Led Lisa | | Co-ed Aqua Boot Camp *FREE Resident Led Lisa | | |

*Free resident led class

Outdoor Water Volleyball
Sundays , Tuesdays, and Fridays from 1:00-3:00 pm

Level of Intensity



High **Medium** **Low**