

# Fitness/Wellness Class and Lifeguard Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Tai Chi</b> 9:00 AM - 10:00 AM SP - L2 &amp; L3</p> <p><b>Resident Led Exercise</b> 9:00 AM - 9:30 AM FC - L1 &amp; L2</p> <p style="color: blue;"><b>Hydro Fit III</b> 9:30 AM - 10:30 AM FC-L3</p> <p><b>Beginner Yoga (video)</b> 10:00 AM -10:50 AM FC - L1 &amp; L2</p> <p style="text-align: center;"><b>Chair Tai Chi</b> 11:00 AM -11:30 AM DP - L1</p> <p style="text-align: center;"><b>Yoga</b> 11:00 AM - 12:00 PM FC - L2 &amp; L3</p> <p style="text-align: center;"><b>Zumba Fitness</b> 11:00 AM -12:00 PM SP-L3</p> <p style="color: blue;"><b>Aqua Fitness II</b> 12:00 PM -1:00 PM FC - L2 &amp; L3</p> <p style="text-align: center;"><b>“Lifting with Liz”</b> 4:30 PM - 5:30 PM SP - L2 &amp; L3</p> <hr style="border-top: 1px dashed red;"/> <p style="color: red; text-align: center;"><b>Open Swim 1PM-5PM</b> Lifeguard on duty 1PM to 3PM</p>	<p style="text-align: center;"><b>F.A.B. / STAB Class</b> 9:00 PM -10:00 AM FC-L2 &amp; L3</p> <p style="color: red; font-size: small;">(PLEASE NOTE: FAB/STAB Class will be held in the Chapel on the first Tuesday of each month. All other times, the class will be held in the Gathering Room.</p> <p style="color: blue; text-align: center;"><b>Aqua Fitness 101</b> 10:30 AM -11:30 AM FC-L1-L2</p> <p style="text-align: center;"><b>Rock Steady Boxing For Parkinson’s</b> 10:30 AM -11:30 AM SP (Residents with PD)</p> <p style="text-align: center;"><b>C.O.R.E.</b> 3:30 PM -4:15 PM SP - L2 &amp; L3</p> <p style="text-align: center;"><b>Dance Class</b> 7:00 PM -8:00 PM SP—L2 &amp; L3 (fee for service)</p> <hr style="border-top: 1px dashed red;"/> <p style="color: red; text-align: center;"><b>Open Swim</b> 1:00 PM - 5:00 PM (NO Lifeguard on duty)</p> <div style="background-color: #d3d3d3; padding: 5px; text-align: center;"> <p style="color: red; margin: 0;"><b>FITNESS CLASS LEVELS</b></p> <p style="font-size: small; margin: 0;">L1 = (novice) L2 = (intermediate) L3 = (advanced)</p> </div>	<p style="text-align: center;"><b>Tai Chi</b> 9:00 AM - 10:00 AM SP - L2 &amp; L3</p> <p><b>Resident Led Exercise</b> 9:00 AM - 9:30 AM FC - L1 &amp; L2</p> <p style="color: blue; text-align: center;"><b>Hydro Fit III</b> 9:30 AM - 10:30 AM FC-L3</p> <p><b>Beginner Yoga (video)</b> 10:00 AM -10:50 AM FC - L1 &amp; L2</p> <p style="text-align: center;"><b>Zumba Fitness</b> 10:00 AM -11:00 AM SP-L3</p> <p style="text-align: center;"><b>Fun Fit</b> 11:00 AM -11:30AM DP - L1</p> <p style="text-align: center;"><b>Yoga</b> 11:00 AM - 12:00 PM FC - L2 &amp; L3</p> <p style="text-align: center;"><b>“Lifting with Liz”</b> 11:00 AM - 12:00 PM SP - L2 &amp; L3</p> <p style="color: blue; text-align: center;"><b>Aqua Fitness II</b> 12:00 PM -1:00 PM FC - L2 &amp; L3</p> <p style="text-align: center;"><b>Tabata</b> 3:00 PM -3:45 PM SP - L3</p> <hr style="border-top: 1px dashed red;"/> <p style="color: red; text-align: center;"><b>Open Swim 1PM—5PM</b> Lifeguard on duty 1PM to 3PM</p>	<p style="text-align: center;"><b>F.A.B. / STAB Class</b> 9:00 PM -10:00 AM FC-L2 &amp; L3</p> <p style="color: blue; text-align: center;"><b>Aqua Fitness 101</b> 10:30 AM -11:30 AM FC-L1-L2</p> <p style="text-align: center;"><b>Rock Steady Boxing For Parkinson’s</b> 10:30 AM -11:30 AM SP (Residents with PD)</p> <p style="text-align: center;"><b>C.O.R.E.</b> 3:30 PM -4:15 PM SP - L2 &amp; L3</p> <hr style="border-top: 1px dashed red;"/> <p style="color: red; text-align: center;"><b>Open Swim</b> 1:00 PM - 5:00 PM (NO Lifeguard on duty)</p> <div style="text-align: center;">  </div> <div style="background-color: #d3d3d3; padding: 5px; text-align: center;"> <p style="color: red; margin: 0;"><b>CLASS LOCATION KEY</b></p> <p style="font-size: small; margin: 0;">FC = Fitness Center SP = Sullivan Park DP= Deacon Pointe (dining room) CH = May-Foley Chapel</p> </div>	<p style="text-align: center;"><b>Resident Led Exercise</b> 9:00 AM - 9:30 AM FC - L1 &amp; L2</p> <p style="color: blue; text-align: center;"><b>Hydro Fit III</b> 9:30 AM - 10:30 AM FC-L3</p> <p style="text-align: center;"><b>Beginner Yoga (video)</b> 10:00 AM -10:50 AM FC - L1 &amp; L2</p> <p style="text-align: center;"><b>Fun Fit</b> 11:00 AM -11:30AM DP - L1</p> <p style="text-align: center;"><b>Yoga</b> 11:00 AM - 12:00 PM FC - L2 &amp; L3</p> <p style="text-align: center;"><b>Zumba Fitness</b> 11:00 AM -12:00 PM SP-L3</p> <p style="text-align: center;"><b>Tabata</b> 3:00 PM -3:45 PM SP - L3</p> <hr style="border-top: 1px dashed red;"/> <p style="color: red; text-align: center;"><b>Open Swim</b> 1:00 PM - 5:00 PM (NO Lifeguard on duty)</p> <div style="background-color: #000080; color: white; padding: 5px; text-align: center;"> <p style="margin: 0;"><b>Saturday</b></p> </div> <div style="background-color: #d3d3d3; padding: 5px; text-align: center;"> <p style="color: red; margin: 0;"><b>WOW!!</b> (Workout of the Week) 11:30 AM - 12:15 PM FC - L2 &amp; L3</p> <p style="margin: 0;"><b>Yoga</b> 12:30 PM - 1:30 PM FC - L2 &amp; L3</p> </div>

## Wellness News/Special Events

**January Hike**—Monday, January, 23rd. Northeast Park Loop Trail—Gibsonville. 3.4 miles. 1PM to 4PM

**Team Trivia Day-** Monday, January, 29th. 2pm—Chapel Sign up on the portal.

**Rock Steady Boxing for Parkinson’s** (pilot class) - Tuesday, January, 23rd. 10:30-11:30-Sullivan. The pilot class will continue every Tuesday and Thursday morning for 3 weeks until the launch in late February.

**Coming in February!**

**Annual Fitness Testing for all residents**—Thursday, February, 15th. 9PM to 5PM. GATHERING ROOM