

Fitness/Wellness Class and Lifeguard Schedule

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

Wellness News/Special Events

Annual Fitness Testing for all residents—Thursday, February, 15th. 9PM to 5PM-GATHERING ROOM
February Hike—Monday, February, 12th Northeast Park, Gibsonville

Coming in March!

Annual Thrive Wellness Celebration—Wednesday, March 7th. 2PM-Gathering Room