

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8:30-9:00 am Tai Chi & Balance		8:30-9:00 am Tai Chi & Balance		8:30-9:00 am Tai Chi & Balance	
9:15-9:45 am Wake Up Workout	9:15-9:45 am Wake Up Workout	9:15-9:45 am Wake Up Workout	9:15-9:45 am Wake Up Workout	9:15-9:45 am Wake Up Workout	9:15-9:45 am Wake Up Workout
10:00-10:30 am Strength and Balance	10:00-10:30 am Strength and Balance	10:00-10:30 am Strength and Balance	10:00-10:30 am Strength and Balance	10:00-10:30 am Strength and Balance	10:00-10:30 am Strength and Balance
1:30-2:00 pm Tai Chi Stretch & Balance	1:30-2:15 pm Water Walking & Aerobics	1:30-2:00 pm Tai Chi Stretch & Balance	1:30-2:15 pm Water Walking & Aerobics	1:30-2:00 pm Tai Chi Stretch & Balance	
2:00-2:30 pm Afternoon Weights		2:00-2:30 pm Balance and Coordination	3:00-3:30 pm Pound Fit	<div style="background-color: #e0f2e0; padding: 10px; border: 1px solid #ccc;"> <b>Blood Pressure Wellness Clinic</b>                      Every Wednesday at 10-11am                      in the Club                 </div>	

## Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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10:30-11:00 am Energize	10:30-11:00 am Energize	10:30-11:00 am Energize	10:30-11:00 am Energize	10:30-11:00 am Energize	10:30-11:00 am Energize
11:00-11:30 am Stretch & Strength	11:00-11:30 am Sit to be Fit	10:30-11:30 am WAVES	11:00-11:30 am Sit to be Fit	10:30-11:30 am WAVES	11:00-11:30 am Sit to be Fit
11:30am-11:45 pm (SNF) Fun & Fitness	11:30 am-11:45 pm (SNF) Light & Lively	11:00-11:30 am Ball & Bands	11:30 am-11:45 pm (SNF) Light & Lively	11:00-11:30 am Stretch & Strength	
3:00-3:30 pm Brain Fitness	3:00-3:30 pm Pound Fit	11:30 am -11:45 pm (SNF) Fun & Fitness		11:30 am-11:45pm (SNF) Minds in Motion	<div style="background-color: #e0f2e0; padding: 10px; border: 1px solid #ccc;"> <b>WAVES</b>                      A special time for our                      Retreat Members to                      enjoy our therapy pool                      with one-on-one care.                 </div>
4:00-4:30 pm Gym Time	4:00-4:30 pm Pound Fit	4:00-4:30 pm Gym Time	4:00-4:30 pm Gym Time		

**Black** = Wellness Area  
**Green** = Healthcare Neighborhood  
**Blue** = Pool Area  
**Purple** = Reflections at the Retreat

### CLASS ICONS KEY



Flexibility Based



Chair Based/  
Low Intensity



Low-Intensity  
Pool



Moderate-to  
High-Intensity



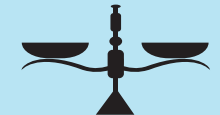
Yoga/  
Pilates



Brain  
Fitness



Strength-  
Based



Balance-  
Based

### SPECTACULAR EXPERIENCE

## The Great Escape June 28

NOTE: All regularly scheduled classes will be canceled on this day.

## CLASS DESCRIPTIONS

**Afternoon Weights:** A chance to perform some strength exercises in the afternoon. Perfect for those who are not early risers!

**Balance and Coordination:** Join us as we work on balance and coordination. We will use different exercises each week to make improvements

**Cardio Weights:** Join us for an upbeat class where we mix cardiovascular exercises with strength exercises for a total body workout.

**Energize:** A seated group exercise class in our Reflections at The Retreat that incorporates stretching and strength exercises going through the full range of motion.

**Gym Workouts:** Our Assisted Living Residents who are able, come to the wellness center to get a more intense workout.

**Outside Walk:** Join us in the front lobby as we go for an afternoon walk around the beautiful Village of West Clay.

**Pound Fit:** Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

**Strength & Balance:** Strength & Balance is an osteoporosis prevention program using resistance training, cardio training and resistance bands to help prevent the loss of bone density.

**Tai Chi and Balance:** Learn slow, methodical movements that flow together to improve balance, strength, blood flow and range of motion for the joints. Class will be held in the Wellness Center.

**Wake Up Workout:** Get your day started off right! This class includes resistance and flexibility exercises using bands and dumbbells to improve upper and lower body strength and range of motion.

**Water Walking and Toning:** This is a low-impact aquatic exercise class that uses the resistance of the water, along with weights, to improve overall strength and range of motion with minimal impact on the joints. There is no swimming involved and we never put our heads under the water.

**WAVES:** Our award winning program that allows our healthcare residents to get in the pool with one-on-one support. The therapy pool is heated and offers relaxation while getting a great workout.

**Wellness Walk:** A slower paced walk outside to enjoy the village or inside the building, depending on the weather. Meet in the Retreat Lobby.

**Member Visits:** Have an idea to improve our wellness program that you want to share with our Wellness Director? Have a question about the exercise equipment? Let Christina know that you would like a visit and we will make it happen!

## Meet our Wellness Team



### Wellness Director, Christina Hooks

American College of Sports Medicine  
Certified Exercise Physiologist

Tai Chi for Arthritis

Bachelors Degree in Exercise Science

American Red Cross  
Certified CPR Instructor

Certified Dementia Practitioner

Pound Pro

Exercise & Functional Training for Older Adults

Functional Training Specialist



### Wellness Associate, Heather Mairn

American Council on Exercise (ACE)  
Certified Personal Trainer

ACE Senior Fitness Specialist

If you are interested in one on one Personal training please call the Wellness Center at **(317) 733-6610**.



## Spa & Salon

Call your concierge to find out about this month's specials and make an appointment!



June 2018  
WELLNESS SCHEDULE

  
THE  
STRATFORD