

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		2:00-2:20 pm Balance and Coordination			
	NEW CLASS!	2:30-3:00 pm Move It	3:00-3:30 pm Pound Fit	Blood Pressure Wellness Clinic Every Wednesday at 10-11am in the Club	

CLASS ICONS KEY

Flexibility Based	Chair Based/ Low Intensity	Low-Intensity Pool
Moderate-to High-Intensity	Strength-Based	Balance-Based

Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	WAVES A special time for our Retreat Members to enjoy our therapy pool with one-on-one care.
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		

WALK TO END ALZHEIMER'S
 alzheimer's association

OCTOBER 6

SPECTACULAR EXPERIENCES

Batten Down the Hatches
October 25

*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.

Move It: Standing Cardio class choreographed to music. Come get your heart rate up while moving to music.

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 health-care residents to get in the pool with one-on-one support. The therapy pool is heated and offers relaxation while getting a great workout.

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

ACE Senior Fitness 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!



OCTOBER 2018 WELLNESS SCHEDULE


THE
STRATFORD