

September 2019 WATER CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 	3 9:00am - HydroFit	4 9:00am - Silver Sneakers Splash	5 9:00am - HydroFit 2:00pm - Class Cancelled	6 9:00am - Aquacise 11:15am - Silver Sneakers Splash	7
8	9 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Class Cancelled	10 9:00am - HydroFit	11 9:00am - Silver Sneakers Splash 	12 9:00am - HydroFit 2:00pm - Class Cancelled	13 9:00am - Aquacise 11:15am - Silver Sneakers Splash	14 Pancake Breakfast & Bake Sale 7-10AM (CF)
15	16 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	17 9:00am - HydroFit	18 9:00am - Silver Sneakers Splash	19 9:00am - HydroFit 2:00pm - Tone & Stretch	20 9:00am - Aquacise 11:15am - Silver Sneakers Splash	21
22	23 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	24 9:00am - HydroFit	25 9:00am - Silver Sneakers Splash	26 9:00am - HydroFit 2:00pm - Tone & Stretch	27 9:00am - Aquacise 11:15am - Silver Sneakers Splash	28
29	30 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch					

Residents' Center Water Classes

All Wellness classes in the Friendship Residents' Center are open to residents and to the public. All participants must sign-in at the front desk and pay for classes in advance by purchasing wellness punch cards, Gold Club cards or utilizing Silver Sneakers membership cards. Cotton clothing is prohibited in the pool and water shoes are recommended. The instructor reserves the right to adjust class exercises based on the skill level of the participants. The pool temperature is 90 degrees and is saltwater chlorinated.

Punch Cards can be purchased for \$5.00 per class and expire one month after purchase. . Gold Club cards can be purchased by non-residents for \$50.00 per month (this includes use of the gym, unlimited access to land and water classes and other benefits). Residents can purchase an unlimited class pass for \$25.00. Participants utilizing Silver Sneakers memberships include the use of the gym, and access to Silver Sneakers land and water classes. The Silver Sneakers membership does not include admission to Friendship Independent Living activities nor the pool during free swim times.

CLASS DESCRIPTIONS:

- **Aquacise:**

In this intermediate 45-minute class be ready for total body workout! It incorporates cardiovascular, strengthening, balance and flexibility activities.

- **Aqua Barre and Yoga:**

This class creatively adapts ballet and Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Improve strength, flexibility and posture while incorporating body awareness. Class ends with standing yoga and breathing exercises.

- **HydroFit:**

Jump in on the fun with this advanced class! It incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises.

- **Silver Sneakers Splash:**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

- **Tone and Stretch:**

This 45-minute medium impact class combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. This is the perfect class for people with Arthritis, Fibromyalgia, Rheumatoid Arthritis or other orthopedic conditions.

UPDATED FREE SWIM TIMES: Effective July 1, 2019

Monday-Friday: 7:00-8:30 AM and 3:00-8:00 PM. The pool is reserved for physical therapy and water aerobics. These reserved times are posted in the pool. Pool is open to residents anytime physical therapy and water aerobics are not scheduled. We recommend using the buddy system before 8:00 AM and after 5:00 PM for safety.



September 2019



LAND CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 	3 10:00am - Mystery Mix	4 10:00am - Silver Sneakers 1:30pm - Walk the Park: Countryside Park (1:00pm BUS)	5 10:00am - Mystery Mix	6 10:00am - Silver Sneakers	7
8	9 10:00am - Silver Sneakers	10 10:00am - Mystery Mix	11 10:00am - Silver Sneakers 	12 10:00am - Mystery Mix 1:30pm - Walk the Park: Smith Park (1:00pm BUS)	13 10:00am - Silver Sneakers	14 Pancake Breakfast & Bake Sale 7-10AM (CF)
15	16 10:00am - Silver Sneakers 2:00pm - Is Your Balance Balanced? (C 1:30pm)	17 10:00am - Mystery Mix 2:00pm - A Matter of Balance (CR) *Registration required - FREE workshop*	18 10:00am - Silver Sneakers 1:30pm - Walk the Park: Fallon Park (1:00pm BUS)	19 10:00am - Mystery Mix	20 10:00am - Silver Sneakers	21
22	23 10:00am - Silver Sneakers	24 10:00am - Mystery Mix 2:00pm - A Matter of Balance (CR) *Registration required - FREE workshop*	25 10:00am - Silver Sneakers	26 10:00am - Mystery Mix 1:30pm - Walk the Park: Me- morial Bridge Park (1:00pm BUS)	27 10:00am - Silver Sneakers	28
29	30 10:00am - Silver Sneakers	Walking Challenge Sign up for our walking challenge! Research shows that walking for 15 minutes each day will increase your energy level and help you feel better. During the month of September, make it your own personal goal to be more active. Whether it's walking outside or inside, try to increase your activity level. Pick up your walking log at the front desk and record how much/how long you walk each day. Whether you walk for five minutes or 30 minutes, it all counts! At the end of the month turn your log into Chelsea and be entered to win a prize!				

Residents' Center Land Classes

Wellness classes in the Friendship Residents' Center are open to residents and to the public. Classes are held in the community room and are subject to change. All participants must sign-in at the front desk and pay for classes in advance by purchasing wellness punch cards, Gold Club cards, or utilizing Silver Sneakers membership cards. The instructor reserves the right to adjust class exercises based on the skill level of the participants.

Class Descriptions:

- **Mystery Mix:**

An instructor led class that involves training the body for daily life activities. Classes include but are not limited to: Tai-Chi, Strength training, Chair Zumba and Chair Yoga, etc.

- **Silver Sneakers Classic:**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

- **Stability and Balance:**

The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time. A chair may be used for balance and support.

- **A Matter of Balance:**

Beginning Tuesday, September 17th, the Carilion based class 'A Matter of Balance' will be held in the Community Room. This is a program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. This is a FREE eight week class from 2:00-4:00 p.m.

Registration required. To register, please call 540-777-1459.

- **Is Your Balance Balanced?**

Is balance something that you worry about on a daily basis? What things effect balance and what are some ways that you can improve it? Come and meet Hal Ward, one of our Physical Therapist as he answers these questions. See the Biodex Balance machine which shows you visual real-time feedback regarding posture and balance control. Based on the feedback, our therapists can customize a rehabilitation program to help address issues and get you on the road to recovery.

- **Walk the Parks**

Join us as we get to know Roanoke better by walking some of our local parks each week! Come for a change of scenery, to get fresh air, to exercise or explore. We will spend approximately one hour at each park.

Wednesday, September 4th – Countryside Park

Thursday, September 12th – Smith Park

Wednesday, September 18th – Fallon Park

Thursday, September 26th – Memorial Bridge Park

