

November 2019



WATER CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00am - Aquacise 11:15am - Silver Sneakers Splash	2
3 	4 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	5 9:00am - HydroFit 	6 9:00am - Silver Sneakers Splash	7 9:00am - HydroFit 2:00pm - Tone & Stretch	8 9:00am - Aquacise 11:15am - Silver Sneakers Splash	9
10	11 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	12 Class Cancelled	13 9:00am - Silver Sneakers Splash	14 9:00am - HydroFit 2:00pm - Tone & Stretch	15 9:00am - Aquacise 11:15am - Silver Sneakers Splash	16
17	18 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	19 9:00am - HydroFit	20 9:00am - Silver Sneakers Splash	21 9:00am - HydroFit 2:00pm - Tone & Stretch	22 9:00am - Aquacise 11:15am - Silver Sneakers Splash	23
24	25 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	26 9:00am - HydroFit	27	28 	29	30
Holiday Break—No Classes						

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.

FREE SWIM TIMES:

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.



November 2019



LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 10:00am - Silver Sneakers	2
3 Daylight Saving Time Ends	4 10:00am - Silver Sneakers 11:15am - Tai Chi	5 Class Cancelled 2:00pm- A Matter of Balance (CR, no bus)	6 10:00am - Silver Sneakers	7 10:00am - Mystery Mix	8 10:00am - Silver Sneakers 11:15am - Tai Chi	9	
10	11 10:00am - Silver Sneakers 11:15am - Tai Chi 	12 Class Cancelled 8:30am - 2:00pm—Fall Risk Assessment (Registration Required)	13 10:00am - Silver Sneakers	14 10:00am - Mystery Mix	15 10:00am - Silver Sneakers 11:15am - Tai Chi	16	
17	18 10:00am - Silver Sneakers 11:15am - Tai Chi	19 10:00am - Mystery Mix	20 10:00am - Silver Sneakers	21 10:00am - Mystery Mix 11am - Cold Weather and Your Lungs (C, 10:30am bus)	22 10:00am - Silver Sneakers 11:15am - Tai Chi	23	
24	25 10:00am - Silver Sneakers	26 10:00am - Mystery Mix	27	28 	29	30	
Holiday Break—No Classes							

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.

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:

- **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.

If you have any questions or class suggestions, please contact Chelsea at 540-777-1459.

