

March 2020 WATER CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	3 9:00am - HydroFit	4 9:00am - Silver Sneakers Splash 	5 9:00am - HydroFit 2:00pm - Tone & Stretch	6 9:00am - Aquacise 11:15am - Silver Sneakers Splash	7	
8 	9 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	10 9:00am - HydroFit	11 9:00am - Silver Sneakers Splash	12 9:00am - HydroFit 2:00pm - Tone & Stretch	13 9:00am - Aquacise 11:15am - Silver Sneakers Splash	14	
15	16 9:00am - Aquacise 11:15am - Silver Sneakers Splash 2:00pm - Tone & Stretch	17 9:00am - HydroFit  Wear Green to class!	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	31 9:00am - HydroFit	March is National Nutrition Month 				

Residents' Center Water Classes

All Wellness classes in the Friendship Residents' Center are open to residents and to the public. Participants must be 55 years of age or older. 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.

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

March 2020 LAND CLASSES

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 8:30am - Walk the Mall 10:00am - Silver Sneakers 11:15am - Tai Chi	3 10:00am - Mystery Mix 12:00pm - Wellness Consultations for Residents	4 10:00am - Silver Sneakers 1:30pm - Making Healthy Decisions (C, 1:00pm BUS)	5 10:00am - Mystery Mix 3:00pm - Gym Orientation	6 10:00am - Silver Sneakers 	7	
8  Time to Spring Ahead	9 8:30am - Walk the Mall 10:00am - Silver Sneakers 11:15am - Tai Chi	10 10:00am - Mystery Mix 2:00pm - Ordering Groceries Online (CR, 1:30pm BUS)	11 10:00am - Silver Sneakers 2:00pm - Gym Orientation	12 Class Cancelled due to event 2:00pm - Wellness Consultations for Residents	13 10:00am - Silver Sneakers	14	
15	16 8:30am - Walk the Mall 10:00am - Silver Sneakers 11:15am - Tai Chi	17 10:00am - Mystery Mix  Wear Green to class!	18 10:00am - Silver Sneakers 2:00pm - Volunteer Opportunities here at Friendship (C, 1:30pm BUS)	19 10:00am - Mystery Mix	20 10:00am - Silver Sneakers 	21	
22	23 8:30am - Walk the Mall 10:00am - Silver Sneakers 11:15am - Tai Chi	24 10:00am - Mystery Mix 1:00pm - Gym Orientation	25 10:00am - Silver Sneakers 1:00pm - Wellness Consultations for Residents	26 10:00am - Mystery Mix 12:00pm - Walk the Campus	27 10:00am - Silver Sneakers (class will be held in chapel)	28	
29	30 8:30am - Walk the Mall 10:00am - Silver Sneakers 11:15am - Tai Chi	31 10:00am - Mystery Mix 12:00pm - Walk the Campus	March is National Nutrition Month 				

Residents' Center Land Classes

Wellness classes in the Friendship Residents' Center are open to residents and to the public. Participants must be 55 years of age or older. 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.