



September 2021 - EXERCISE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	2 9:30am- Walk the Campus (Led by residents. Meet on back patio of the RC)	3 11:30am- Tai Chi w/ Cathy	4
5	6  Residents' Center Closed	7 8am- Water Exercise 8:45am- Walk the Mall 12pm- Exercise @ Village	8 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	9 12:00-1:45pm- OPEN SWIM FOR RESIDENTS (Come and mingle with other residents as you exercise in the pool)	10 9:30am- Walk the Campus (Led by residents. Meet on back patio of the RC)	11
12	13 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	14 8am- Water Exercise 8:45am- Walk the Mall 12pm- Exercise @ Village	15 9am- Water Exercise 10am- Walk the Greenway (meet in Library at 9:45am) 1pm- Nutrition 101 w/ our Registered Dietician	16 9:30am- Walk the Campus (Led by residents. Meet on back patio of the RC)	17 11:30am- Tai Chi w/ Cathy	18
19	20 9am- Water Exercise 10am- Land Exercise *11:30am- Introduction to Chair Yoga* 1pm- Exercise @ NH	21 8am- Water Exercise 8:45am- Walk the Mall 12pm- Exercise @ Village	22 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	23 12:00-1:45pm- OPEN SWIM FOR RESIDENTS (Come and mingle with other residents as you exercise in the pool)	24 9:30am- Walk the Campus (Led by residents. Meet on back patio of the RC)	25
26	27 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	28 8am- Water Exercise 8:45am- Walk the Mall 12pm- Exercise @ Village	29 9am- Water Exercise 10am- Land Exercise 11am- Water Exercise 1pm- Exercise @ NH	30 9:30am- Walk the Campus (Led by residents. Meet on back patio of the RC)		

PLEASE CALL CHELSEA AT 540-777-1459 AND LEAVE A MESSAGE IF YOU WOULD LIKE TO RE-SERVE A PLACE FOR WELLNESS/EXERCISE CLASSES OR PROGRAMS.

Descriptions for September classes and programs are listed below:

- **WATER EXERCISE** - Activate your urge for variety! Water exercise offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and aquatic equipment is used to improve strength, balance and coordination. Class is 30 minutes.
- **LAND EXERCISE** - 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 weighted ball are offered for resistance. A chair is available if needed for seated or standing support. Class is 30 minutes.
- **WALK THE CAMPUS** - Join fellow residents as you walk at your own pace around campus. There are plenty of spots to sit and take a break. Walk will last about 30 minutes. Meet on the back patio of the Residents' Center.
- **TAI CHI** - In this 45-minute class, you will challenge your senses, memory, balance and relaxation. It consist of slow moves to improve balance.
- **WALK THE MALL** - Join us as we walk at our own pace through Valley View Mall. Feel free to come and walk or have a seat and people watch. Walk is approximately 45 minutes. Meet in the library at 8:45am sharp!
- **OPEN SWIM** - Come and mingle with fellow residents that enjoy to swim. Exercise, chat and get moving in the warm water. No signup is required.
- **WALK THE GREENWAY** - Every third Wednesday we pick a different section of the Roanoke Valley Greenway and take a stroll. All locations have bathrooms and benches to rest. Walk is approximately 45 minutes. Bring a water. Meet in the library at 9:45am sharp!
- **Wellness Program: Nutrition 101 with our Registered Dietician (09/15 at 1 p.m. CR)** - Karyn Wolfe, RDN is the Registered Dietician for Friendship Living. Join us as she talks about healthy eating and ways to improve our eating habits. Healthy snacks will be provided!
- **Wellness Program: Introduction to Chair Yoga (09/20 at 11:30 a.m. CR)** - Chair yoga is a wonderful way to practice relaxation and stretching while improving balance using a chair for support. Stretching is very important in keeping our joints and muscles moving freely while we go about our daily activities of living. Regular yoga can help in getting you moving again. Music is also helpful to set the atmosphere for relaxation. Stretches and balance poses are practiced during the class and with regular participation, balance, posture, and flexibility will improve. All classes end with a short meditation.