

Revitalize Wellness Daily Schedule East & West Residence

March 2024

Fitness Center open 24/7 Fitness Center doors lock at 4:30 pm daily.
(Use key fob to enter after hours.)

Monday

Tuesday

Wednesday

Thursday

(East) 8:30-8:50
Morning Express Stretch

(East) 8:30-8:50
Morning Express Stretch

(East) 8:30-8:50
Morning Express Stretch

(East) 8:30-8:50
Morning Express Stretch

(West Wellness Studio)
Video Exercise
9:00-9:30

(Pool)
Water
Aerobics

Video Exercise
9:00-9:30

(West Wellness Studio)
Video Exercise
9:00-9:30

(Pool)
Water Aerobics

(West Wellness Studio)
Video Exercise
9:00-9:30

(East Wellness Studio)
Ageless Grace
(30 min) 9:30-10:00

9:00-9:45

(East) 9:30-10:15
Silver Sneakers Strength
(45 min)

(East)
Silver Sneakers Stability
(45 min)
9:30-10:15

9:00-9:45

(East) 9:30-10:15
Silver Sneakers Strength
(45 min)

(East) 10:30-11:00

Balance Basics
(30 min)

Zoo Walking
(10:30-11:30)

Meet in East Residence Lobby

(West Wellness Studio)
Ageless Grace
(30 min) 1:30-2:00

(West)
Silver Sneakers Chair Yoga
(45 min) 1:30-2:15

(West Wellness Studio)
Ageless Grace
(30 min) 1:30-2:00

(West)
Silver Sneakers Chair Yoga
(45 min) 1:30-2:15

Join for afternoon Water
Aerobics
Mondays & Wednesdays
4:45PM

(East)
Yoga Flow/ Mat Based
(45 min)

2:30-3:15

(East Studio)
“Casual Cardio”: Achieve up to 5,000 Steps
Standing or Seated (Video and Instructor)
(45 Mins)
2:30-3:15

Pool Hours / Daily Schedule
5:00am – 9:00pm

Water Aerobics

Tuesday & Thursday 9:00am
Wednesday 4:45pm

Lap Swimming

Daily 8:00–9:00am
Mon - Saturday 1:00–2:00pm

Water Walking (no jets):

Daily 10:30–11:30am
Mon - Saturday 2:00 – 3:00pm

Resistance Walking (jets on):
Mon-Fri 11:30am- 12:30pm

Opportunities for Healthy Living

Wellness Center / Equipment Orientation -

(Complimentary) Work with our Staff to become oriented to our fitness center and pool. We will give you an overview of our state of the art equipment and how to join our fitness classes. Waivers for use of Wellness Center will be completed at this time.

Fitness Testing—(Complimentary)

This is an opportunity to have fitness testing in balance, upper body and lower body strength as well as endurance. We will help guide with suggestions for fitness activities to participate in to improve functional fitness and independence.

One-On-One Coaching- (Fee \$30 per 30 min session)

Work one on one with our Senior Fitness Instructor to develop a fitness program and schedule that will assist you in your fitness goals. We will ensure you are performing exercises with good form and technique as well as introduce new exercises to improve functional independence.

For more information call Revitalize Wellness (414) 259-4547