

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>POOL THERAPY Help with exercise program</p> <p>SWIM INDEPENDENT Stand by assist</p>	<p>3</p> <p>9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>4</p> <p>9:00 Learn to Meditate (S2) 10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 1:00 Diabetes Workshop (A3) 2:00 Pool Therapy (PL) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>5</p> <p>9:00 Walk to Park (LB) 10:00 Line Dancing (DS) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 3:00 Posit Science Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>6</p> <p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:30 Gentle Stretch Class with Janet (DS)</p>	<p>7</p> <p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w/ Theresa (DS) 11:00 Weights Workout (G) 1:30 Brain Fit Class (A3) 3:00Stretching and Laughter Yoga with Tom (DS)</p>	<p>8</p> <p>10:00 Pool Therapy (PL) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p>GENTLE EXERCISE Suits all levels Designed to reduce stress & Increase flexibility</p>	<p>10</p> <p>9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>11</p> <p>9:00 Learn to Meditate (S2) 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 1:00 Diabetes Workshop (A3) 2:00 Pool Therapy (PL) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>12</p> <p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 3:00 Posit Science Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>13</p> <p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>14</p> <p>9:00 Walk to Park (LB) 10:00 Pool Therapy w/Ana (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 1:30 Brain Fit Class (A3) 3:00Stretching and Laughter Yoga with Tom (DS)</p>	<p>15</p> <p>9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p>LOW Simple chair exercises with emphasis on balance training & fall prevention. Assistance with your Physical Therapy exercises</p>	<p>17</p> <p>9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>18</p> <p>9:00 Learn to Meditate (S2) 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 2:00 Pool Therapy (PL) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>19</p> <p>9:00 Walk to Park (LB) 10:00 Line Dancing (DS) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 2:30 Posit Science Introduction and Sign Up (MC) 3:00 Hatha Gentle Yoga (REF)</p>	<p>20</p> <p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>21</p> <p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 3:00Stretching and Laughter Yoga with Tom (DS)</p>	<p>22</p> <p>9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p>MODERATE Fitness for cardio, strength and stretch A good all round workout for most fitness levels.</p>	<p>24</p> <p>9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>25</p> <p>9:00 Learn to Meditate (S2) 9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>26</p> <p>9:00 Walk to Park (LB) 10:00 Line Dancing (DS) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 3:00 Posit Science Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>27</p> <p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Body, Balance, Brain Exercise (DS) 1:00 Work out your Walker – adjustments and correct use (MC) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>28</p> <p>9:00 Walk to Park (LB) 10:00 Pool Therapy (PL) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 1:30 Brain Fit Class (A3) 3:00Stretching and Laughter Yoga with Tom (DS)</p>	<p>29</p> <p>9:00/10:45 Tai Chi (MC) 10:00 Pool Therapy (PL) 11:00 Janet's Body, Balance, Brain Exercise (DS) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p>MODERATE – HIGH These classes are for those who can tolerate a steady workout for 30 minutes or more.</p>	<p>31</p> <p>9:00 Walk to Park (LB) 11:00 Swim Independent (PL) 11:00 Move It or Lose It Exercise w /Theresa (DS) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>		<p>KEY 1st FLOOR DS – DANCE STUDIO G – GYM PL – POOL MC – MATHES CENTER COMMUNITY ROOM REF – SOLARIUM IN MEMORY CARE UNIT 2nd FLOOR S2 – SOLARIUM 3rd FLOOR A3 – ACTIVITIES ROOM L3– FAMILY ROOM</p>	<p>Schedule subject to change - Please refer to weekly and daily updates. St Pauls Plaza 1420 E Palomar Chula Vista 91913 License # 374603643</p>		