



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>POOL THERAPY Help with exercise program</p> <p>SWIM INDEPENDENT Stand by assist</p>	<p>¹ 9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>² 9:00 Morning Meditation (S2) 10:00 Pool Therapy (PL) 11:00 Zumba w/ Miguel (DS) 2:00 Pool Therapy (PL) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>³ 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) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>⁴ 9:00 Morning Meditation (S2) 10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Chair Dancercise (DS) 1:30 Health Talk & Balance Testing Kindred at Home (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>⁵ 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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>⁶ 10:45 Tai Chi (MC) 11:00 Janet's Chair – Body & Brain Exercise (DS) 12:00 Pool Therapy (PL) 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>⁸ 9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>⁹ 9:00 Morning Meditation (S2) 11:00 Zumba w/ Miguel (DS) 2:00 Pool Therapy (PL) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>¹⁰ 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) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>¹¹ 9:00 Morning Meditation (S2) 10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Chair Dancercise (DS) 12:30 Line Dancing w/ Ruby (DS) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>¹² 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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>¹³ 10:45 Tai Chi (A3) 11:00 Janet's Chair – Body & Brain Exercise (DS) 12:00 Pool Therapy (PL) 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>¹⁵ 9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>¹⁶ 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>¹⁷ 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) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>¹⁸ 10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Chair Dancercise (DS) 2:00 Wellness for the Senses – The Magic of Music (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>¹⁹ 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 Chair Yoga Stretch Class with Janet (DS)</p>	<p>²⁰ 10:45 Tai Chi (A3) 11:00 Janet's Chair – Body & Brain Exercise (DS) 12:00 Pool Therapy (PL) 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>²² 9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>²³ 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>²⁴ 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) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>²⁵ 10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Chair Dancercise (DS) 12:30 Line Dancing w/ Ruby (DS) 1:30 Health Talk –with Therapy Specialists Group (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>²⁶ 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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>²⁷ 10:45 Tai Chi (MC) 11:00 Janet's Chair – Body & Brain Exercise (DS) 12:00 Pool Therapy (PL) 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>²⁹ 9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>³⁰ 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 style="text-align: center;"></p>	<p style="text-align: center;"></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>