



# FITNESS & WELLNESS

## MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>POOL THERAPY</b> Help with exercise program</p> <p><b>SWIM INDEPENDENT</b> Stand by assist</p>	<p>KEY: A3 – ACTIVITIES ROOM 3rd FLOOR DS – DANCE STUDIO G – GYM L3– FAMILY ROOM 3rd FLOOR MC – MATHES CENTER COMMUNITY ROOM PL – POOL REF – MEMORY CARE SOLARIUM 1<sup>st</sup> FLOOR</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>			<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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (MC) 11:00 Janet's Chair – Brawn &amp; Brain Exercise (DS) 12:00 Pool Therapy (PL) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p><b>GENTLE EXERCISE</b> Suits all levels Designed to reduce stress &amp; Increase flexibility</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching &amp; Strengthening with Theresa (DS)</p>	<p>9:00 Morning Meditation (DS) 10:00 Pool Therapy (PL) 11:00 Zumba w/ Miguel (DS) 2:00 Balance Training (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>9:00 Walk to Park (LB) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 11:00 Swim Independent (PL) 12:00 Pool Therapy (PL) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>9:00 Morning Meditation (DS) 10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Dancercise (Chair) (DS) 12:30 Line Dancing w/ Ruby (DS) 1:30 Health Talk &amp; Balance Testing Kindred at Home (MC) 3:00 Gentle Stretch Class with Janet (DS)</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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (A3) 11:00 Janet's Chair – Brawn &amp; Brain Exercise (DS) 12:00 Pool Therapy (PL) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p><b>LOW</b> Simple chair exercises with emphasis on balance training &amp; fall prevention. Assistance with your PT exercises</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching &amp; Strengthening with Theresa (DS)</p>	<p>10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 2:00 Wellness for the Senses – The Magic of Music (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>9:00 Walk to Park (LB) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 11:00 Swim Independent (PL) 12:00 Pool Therapy (PL) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Dancercise (Chair) (DS) 12:30 Line Dancing w/ Ruby (DS) 3:00 Gentle Stretch Class with Janet (DS)</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 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (A3) 11:00 Janet's Chair – Brawn &amp; Brain Exercise (DS) 12:00 Pool Therapy (PL) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
<p><b>MODERATE</b> Fitness for cardio, strength and stretch A good all round workout for most fitness levels.</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching &amp; Strengthening with Theresa (DS)</p>	<p>10:00 Pool Therapy (PL) 11:00 Pool Independent (PL) 11:00 Zumba w/ Miguel (DS) 2:00 Balance Training (A3) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p>9:00 Walk to Park (LB) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 11:00 Swim Independent (PL) 12:00 Pool Therapy (PL) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Dancercise (Chair) (DS) 12:30 Line Dancing w/ Ruby (DS) 2:00 Wellness for the Senses – The Magic of Music (A3) 3:00 Gentle Stretch Class with Janet (DS)</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 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (MC) 11:00 Janet's Chair – Brawn &amp; Brain Exercise (DS) 12:00 Pool Therapy (PL) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>

<p><b>MODERATE – HIGH</b> These classes are for those who can tolerate a steady workout for 30 minutes or more.</p>	<p style="text-align: right;">25</p> <p>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching &amp; Strengthening with Theresa (DS)</p>	<p style="text-align: right;">26</p> <p>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 style="text-align: right;">27</p> <p>9:00 Walk to Park (LB) 11:00 Move It or Lose It Exercise w /Theresa (DS) 11:00 Weights Workout (G) 11:00 Swim Independent (PL) 12:00 Pool Therapy (PL) 2:45 Posit Brain Exercise Group (A3) 3:00 Hatha Gentle Yoga (REF)</p>	<p style="text-align: right;">28</p> <p>10:00 Pool Therapy (PL) 10:30 Hand Spa w/Ana (L2) 11:00 Janet's Dancercise (Chair) (DS) 12:30 Line Dancing w/ Ruby (DS) 1:30 Health Talk –with Therapy Specialists Group (MC) 3:00 Gentle Stretch Class with Janet (DS)</p>	<p style="text-align: right;">29</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 Dr Amen Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p style="text-align: right;">30</p> <p>10:45 Tai Chi (MC) 11:00 Janet's Chair – Brawn &amp; Brain Exercise (DS) 12:00 Pool Therapy (PL) 3:00 Brain Fitness – Trivia, Puzzles and Word Games (L3)</p>
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