


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>POOL THERAPY Help with exercise program</p> <p>SWIM INDEPENDENT Stand by assist</p>	<p>Schedule subject to change - Please refer to weekly and daily updates.</p> <p>St Pauls Plaza 1420 E Palomar Chula Vista 91913 License # 374603643</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>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 Science 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 Body, Balance, Brain Exercise (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) 1:30 Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (MC) 11:00 Janet's Body, Balance, 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>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>9:30 Morning Meditation (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>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 Science 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 Body, Balance, Brain Exercise (DS) 3:00 Gentle Stretch Class with Janet (DS)</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) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:00 Pool Therapy (PL) 10:45 Tai Chi (A3) 11:00 Janet's Body, Balance, Brain Exercise (DS)</p> 
<p>LOW Simple chair exercises with emphasis on balance training & fall prevention. Assistance with your Physical Therapy exercises</p>	<p>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>9:30 Morning Meditation (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>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 Science 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 Body, Balance, Brain Exercise (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 Body, Balance, 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>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>9:30 Morning Meditation (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>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 Science 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 Body, Balance, Brain Exercise (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) 1:30 Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	<p>10:45 Tai Chi (MC) 11:00 Janet's Body, Balance, 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>9:00 Walk to Park (LB) 10:00 Swim Independent (PL) 3:00 Gentle Stretching & Strengthening with Theresa (DS)</p>	<p>9:30 Morning Meditation (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>SENIOR HEALTH FAIR 9:00 – 12:00 9:00 Walk to Park (LB) 11:00 Move It or Lose It Exercise w /Theresa (DS) 2:45 Posit Science 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 Body, Balance, Brain Exercise (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) 1:30 Brain Fit Class (A3) 3:00 Chair Yoga Stretch Class with Janet (DS)</p>	