




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	KEY 1st FLOOR DS – DANCE STUDIO G – GYM PL – POOL MC – MATHS CENTER COMMUNITY ROOM REF – SOLARIUM IN MEMORY CARE 3rd FLOOR A3 – ACTIVITIES ROOM		¹ 9:30 BrainHQ Online Help (A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 2:00 Stretch Class w- Janet (A3) 3:00 Brain Health Seminar (A3)	² 9:30 BrainHQ Online Help (A3) 11:00 Zumba Exercise w/ Ana (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	³ 9:30 Mindfulness Meditation(A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 1:00 Brain Fit Class w/Janet (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	⁴ 10:30 Janet's Body, Balance, Brain Exercise (A3) 11:15 Janet's Body, Balance, Brain Exercise (A3) 3:00 Brain Fit Class w/Janet (A3)
GENTLE EXERCISE Suits all levels Designed to reduce stress & increase flexibility	⁶ 10:00 Zumba Exercise w/ Ana (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	⁷ 10:00 Ruby's Easy Chair Dancing (A3) 11:00 Janet's Body, Balance, Brain Exercise Class (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	⁸ 9:30 BrainHQ Online Help (A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 2:00 Stretch Class w- Janet (A3) 3:00 Brain Health Seminar (A3)	⁹ 9:30 BrainHQ Online Help (A3) 11:00 Zumba Exercise w/ Ana (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	¹⁰ 9:30 Mindfulness Meditation(A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 1:00 Brain Fit Class w/Janet (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	¹¹ 10:30 Janet's Body, Balance, Brain Exercise (A3) 11:15 Janet's Body, Balance, Brain Exercise (A3) 3:00 Brain Fit Class w/Janet (A3)
EDUCATION Programs about Brain & Balance Training and other areas of Wellness	¹³ 10:00 Zumba Exercise w/ Ana (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	¹⁴ 10:00 Ruby's Easy Chair Dancing (A3) 11:00 Janet's Body, Balance, Brain Exercise Class (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	¹⁵ 9:30 BrainHQ Online Help (A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 2:00 Stretch Class w- Janet (A3) 3:00 Brain Health Seminar (A3)	¹⁶ 9:30 BrainHQ Online Help (A3) 11:00 Zumba Exercise w/ Ana (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	¹⁷ 9:30 Mindfulness Meditation(A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 1:00 Brain Fit Class w/Janet (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	¹⁸ 10:30 Janet's Body, Balance, Brain Exercise (A3) 11:15 Janet's Body, Balance, Brain Exercise (A3) 3:00 Brain Fit Class w/Janet (A3)
MODERATE Fitness for cardio, strength and stretch A good all round workout for most fitness levels.	²⁰ 10:00 Zumba Exercise w/ Ana (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	²¹ 10:00 Ruby's Easy Chair Dancing (A3) 11:00 Janet's Body, Balance, Brain Exercise Class (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	²² 9:30 BrainHQ Online Help (A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 2:00 Stretch Class w- Janet (A3) 3:00 Brain Health Seminar (A3)	²³ 9:30 BrainHQ Online Help (A3) 11:00 Zumba Exercise w/ Ana (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	²⁴ 9:30 Mindfulness Meditation(A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 1:00 Brain Fit Class w/Janet (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	²⁵ 10:30 Janet's Body, Balance, Brain Exercise (A3) 11:15 Janet's Body, Balance, Brain Exercise (A3) 3:00 Brain Fit Class w/Janet (A3)
MODERATE – HIGH These classes are for those who can tolerate a steady workout for 30 minutes or more.	²⁷ 10:00 Zumba Exercise w/ Ana (A3) 3:00 Stretch and Breathing Class w/ Ana (A3)	²⁸ 10:00 Ruby's Easy Chair Dancing (A3) 11:00 Janet's Body, Balance, Brain Exercise Class (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)	²⁹ 9:30 BrainHQ Online Help (A3) 10:30 Chair Exercise with Weights w /Janet (A3) 11:15 Chair Exercise with Weights w /Janet (A3) 2:00 Stretch Class w- Janet (A3) 3:00 Brain Health Seminar (A3)	³⁰ 9:30 BrainHQ Online Help (A3) 11:00 Zumba Exercise w/ Ana (A3) 2:30 Mindfulness Meditation (A3) 3:00 Gentle Stretch Class w/ Janet (A3) 3:45 Gentle Stretch Class w/ Janet (A3)		Schedule subject to change - Please refer to weekly and daily updates. St Paul's Plaza 1420 E Palomar St Chula Vista 91913 License # 374603643