

## RESIDENT Aquatic/Fitness Center Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 - 9:00	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	8:00-11:00am Open Swim Residents, Community, Resident's Family, & Staff
8:30 - 9:15	LIR in Motion		LIR in Motion		LIR in Motion	
9:00-9:45		Water Aerobics		Water Aerobics		
9:45-10:45		Lap Pool (Keller) Open Swim Residents Only		Lap Pool (Keller) Open Swim Residents Only		
9:30-10:15	Water Aerobics		Water Aerobics		Water Aerobics	
	Moving in the Morning (11:00-11:45 AM)	Strength & Balance (10:00-10:45 AM)	Moving in the Morning (11:00-11:45 AM)	Flexibility (10:00-10:45 AM)	Moving in the Morning (11:15-Noon)	
10:45-11:30	SilverSneakers Classic		SilverSneakers Classic		SilverSneakers Classic	
11:00 - Noon	Open Swim Residents & Community	Open Swim Residents & Community	Ai Chi	Open Swim Residents & Community	Open Swim Residents & Community	
1:00 - 1:45	Joints in Motion Residents & Community	Joints in Motion Residents & Community	Joints in Motion Residents & Community	Joints in Motion Residents & Community	Joints in Motion Residents & Community	
2:00 - 2:45	Joints in Motion Residents Only	Brain Training (2:00- 3:00pm)	Joints in Motion Residents Only	Brain Training (2:00- 3:00pm)	Joints in Motion Residents Only	
2:15-3:00	Balance & Strength		Balance & Strength			
3:30 - 4:30	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	Open Swim Residents & Community	
4:15-5:00	Chair Yoga		Chair Yoga			
4:30 - 5:15	Water Aerobics	Joints in Motion Residents & Community	Water Aerobics	Joints in Motion Residents & Community		
5:30 - 6:15		Ai Chi				

\*BLUE=POOL      \*PURPLE= Aerobic Studio (Creekview South)

\*RED= Rec Room (Game Room)

\*GREEN= COURTYARD Fitness Center