

Resident Fitness Class Schedule

(As of March 19th, this schedule is effective until further notice)

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mindful Movement (11:00-11:45 AM)		Mindful Movement (11:00-11:45AM)		Mindful Movement (11:15-12:00 PM)
2:00 -2:45		Brain Games (2:00- 3:00pm)		Brain Games (2:00- 3:00pm)	
2:15- 3:00	Balance & Strength		Balance & Strength		
		Yoga Plus (3:30-4:15pm)		Yoga Plus (3:30-4:15pm)	
4:15-5:00	Chair Yoga		Chair Yoga		

Classes For Independent Living Residents Only

*****Mindful Movement and Balance and Strength will be held in the Behnke Center and all yoga classes will be held in the Courtyard Fitness Center *****

***Brain Games will remain in the *Rec Room* ***