

# Resident Temporary Fitness Class Schedule

(As of June 22<sup>nd</sup>, this schedule is effective until further notice)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Morning Walk		Morning Walk		Morning Walk
10:00 – 10:45 AM		Cardio & Core		Cardio & Core	
10:15 – 11:00 AM	Mindful Movement		Mindful Movement		Mindful Movement
11:00 AM		Morning Walk		Morning Walk	
11:15 AM – 12:00 PM	Mindful Movement		Mindful Movement		Mindful Movement
2:00 - 3:00PM		Brain Games		Brain Games	
2:15 - 3:00 PM	Balance & Strength		Balance & Strength		
3:30 – 4:15 PM		Yoga Plus		Yoga Plus	
4:15 – 5:00 PM	Chair Yoga		Chair Yoga		

● Walks will meet at Door #1

● Classes in purple will be held in the new aerobic studio in the lower level across from the Hobby Room

● Brain Games will be in the Rec Room

**\*\* Classes will now be limited to 15 people due to social distancing guidelines \*\***