

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 A.M.	Residents & Staff Pool Zumba w/ Cheryl 7: 00 A.M.– 7:45 A.M.		Residents & Staff Pool Zumba w/ Cheryl 7: 00 A.M.– 7:45 A.M.		
9:00 A.M.	Cardio Flex & Strength w/ Nick- Auditorium 9:00 A.M. - 9:45 A.M.	Aerobics w/ Nick - Aerobics Room 9:15 A.M. - 9:45 A.M.	Cardio Flex & Strength w/ Nick- Auditorium 9:00 A.M. - 9:45 A.M.	Aerobics w/ Nick - Aerobics Room 9:15A.M. - 9:45 A.M.	Dance w/ Allison - Aerobics Room 9:05 A.M. – 9:40 A.M.
	Marian Reeves Exercise for Arthritis - Pool 9:30 A.M. – 10:30 A.M.		Marian Reeves Exercise for Arthritis - Pool 9:30 A.M. – 10:30 A.M.	Tai Chi w/ Charles DeMotte - Auditorium 9:00 A.M. – 10:00 A.M.	T House Individualized Ambulation Program – Taughannock House 9:30 A.M. – 10:00 A.M.
10:00 A.M.	Neuro Yoga with Meditation w/ Allison - Aerobics Room 10:00 A.M. – 10:30 A.M.	Strengthening with Music & Humor w/ Nick - New Activities Room 10:00 A.M. – 10:30 A.M.	Strengthening with Music & Humor w/ Nick - New Activities Room 10:00 A.M. – 10:30 A.M.	Strengthening with Music & Humor w/ Nick - New Activities Room 10:00 A.M. – 10:30 A.M.	Neuro Yoga with Meditation w/ Allison - Aerobics Room 10:00 A.M. – 10:30 A.M.
	Health Center Chair Yoga w/ Mary - New Activity Room 10:00 A.M. – 10:30 A.M.	Parkinson's Seated Fitness w/ Debbie Bosanko - Auditorium 10:30 A.M. - 11:15 A.M.			Health Center Tai Chi w/ John Burger - New Activity Room 10:00 A.M. – 11:00 A.M.
	Balance Clinic w/ Nick - Fitness Center 10:30 A.M. – 11:15 A.M. <i>WALK-INS WELCOME</i>	C House Individualized Ambulation Program - Cascadilla House 10:45 A.M. - 12:00 P.M.	C House Individualized Ambulation Program – Cascadilla House 10:45 A.M. - 12:00 P.M.	C House Individualized Ambulation Program - Cascadilla House 10:45 A.M. - 12:00 P.M.	Balance Clinic w/ Nick - Fitness Center 10:30 A.M. – 11:15 A.M. <i>WALK-INS WELCOME</i>
11:00 A.M.	Aqua Balance & Strength w/ Allison - Pool 11:00 A.M. – 11:40 A.M.		Strength & Stretch w/ Martha Parks - Auditorium 11:00 A.M. – 12:00 P.M.		Aqua Balance & Strength w/ Allison - Pool 11:00 A.M. – 11:40 A.M.
	Strength & Stretch w/ Martha Parks –Auditorium 11:00 A.M. – 12:00 P.M.				
1:00 P.M.	T House Individualized Ambulation Program - Taughannock House 1:00 P.M. – 2:00 P.M.	Balancing Act w/ Nick - Auditorium 1:15 P.M. - 2:00 P.M.		Balancing Act w/ Nick - Auditorium 1:15 P.M. - 2:00 P.M.	Sit to Be Fit w/ Nick- Auditorium 1:15 P.M. - 2:00 P.M.
2:00 P.M.	Pickleball w/ Lesa 2:00 P.M. – 3:00 P.M.	Well Built Circuit w/ Nick - Fitness Center 2:15 P.M. – 2:45 P.M.	Down to the Core w/ Nick Fitness Center 2:30 P.M. – 3:00 P.M.	Well Built Circuit w/ Nick - Fitness Center 2:15 P.M. – 2:45 P.M.	Down to the Core w/ Nick Fitness Center 2:30 P.M. – 3:00 P.M.
3:00 P.M.	Cardiovascular Fitness for Dementia w/ Nick-Cayuga Neighborhood 3:45 P.M. - 4:30 P.M.	Fitness for Cognition w/ Nick - Cayuga Neighborhood 3:45 P.M. - 4:30 P.M.	Fitness for Cognition w/ Nick - Cayuga Neighborhood 3:45 P.M. - 4:30 P.M.	Fitness for Cognition w/ Nick - Cayuga Neighborhood 3:45 P.M. - 4:30 P.M.	Fitness for Cognition w/ Nick - Cayuga Neighborhood 3:45 P.M. - 4:30 P.M.
4:00 P.M.		Residents & Staff Pool Zumba w/ Cheryl 4:45 P.M.– 5:45 P.M.		Residents & Staff Zumba Strong w/ Cheryl- Aerobics Room 4:45 P.M. – 5:45 P.M.	

Aerobics – An upbeat aerobics routine designed to strengthen the heart and lungs.

Aqua Balance & Strength- This class begins with a nice warm up to get the joints moving, followed by a short cardio section with modifications for all fitness levels, and finishing up with resistance training, core strengthening, balance work and yoga stretches.

Balancing Act- This class focuses on balance exercises for the first half, followed by strengthening with elastic bands. A chair is used for support during standing balance exercises and strengthening band exercises are performed in a seated position.

Balance Clinic - Walk-In clinic that specializes in strengthening exercises to reduce the risk of falling.

Cardio Flex & Strength- This class consists of equal parts aerobic exercise and strength training using of leg weights and dumbbells. It is a great all-around fitness class incorporating full body strengthening, cardiovascular conditioning and stretching.

Dance – This class focuses on increasing aerobic conditioning through movement.

NEW CLASS - Down to the Core- 30 minute group class focused on strengthening the core for improved posture and overall abdominal strength.

Fitness for Cognition – This class offers seated instruction to incorporate hand-eye coordination and muscle movement, resulting in strengthened self-confidence and increased connection with other residents, staff and surroundings.

Individualized Ambulation for Health Center Residents – Provides individualized walking with the Healthy Living Coordinator.

Individualized Aqua Training - Personalized gentle aquatic fitness instruction in the pool. A good place to start before attending the Aqua fitness class! (By appointment only)

ENHANCED - Neuro Yoga with Meditation (replacing yoga) - 30 minute group yoga practice which incorporates tailored poses to help with neurological impairments and pain management.

Open Gym Time - Designated time with the Healthy Living Coordinator to assist with program design and machine orientation, and to get answers to your fitness questions.

Personal Training and Fitness Assessment – Personal training and/or fitness assessments. (By appointment only)

Sit to Be Fit- This class offers gentle chair exercises for any fitness level. Great for residents with Parkinson's disease, Arthritis, Fibromyalgia and/or back issues.

ENHANCED - Strengthening with Music and Humor - This class offers 30 minutes of seated cardiovascular and strength training. It is a full body workout through the use of hand weights, movement and stretching.

NEW CLASS Well Built Circuit - 30 minute group strength training class using Kaiser exercise equipment, weights, bands and/or exercise balls.