# GLEN EDDY LAND & AQUA FITNESS SCHEDULE May 1 2014 - May 31 2014

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| **Balance & Tone [Y]**<br>8:45-9:30am<br>Edison Room<br>Lisa<br>**No Class 5/12, 5/26** | **Strength & Core [Y]**<br>8:45-9:30am<br>Edison Room<br>Chandra<br>**No Class 5/13** | | **Balance & Agility [Y]**<br>8:45-9:30am<br>Edison Room<br>Chandra<br>**No Class 5/1,5/8,5/15** | **Strength Circuit [Y]**<br>8:45-9:30am<br>Edison Room<br>Chandra | |
| **Osteoporosis [Y]**<br>10:00-11:00am<br>Edison Room<br>Sue<br>**No Class 5/26** | **Aqua Tone (B)**<br>10:00-10:40am<br>Pool<br>Chandra<br>**No Class 5/13** | **Osteoporosis [Y]**<br>10:00-11:00am<br>Edison Room<br>Sue | **Aqua Tone (B)**<br>10:00-10:40am<br>Pool<br>Chandra<br>**No Class 5/1,5/8,5/15** | **Gentle Yoga [Y]**<br>10:00-10:40am<br>Edison Room<br>Chandra<br>**No Class 5/16 & 5/23** | **Aqua Tone (B)**<br>10:00-10:40am<br>Pool<br>Lisa<br>**No Class 5/10** |
| **Nutrition & Wellness Connection Class**<br>Wine Tasting/Pairing<br>Union Room<br>2:00pm<br>Carly<br>**19-May** | **Weights 101 [R]**<br>11:00-11:40am<br>Union Room<br>Chandra<br>**No Class 5/13** | **Tai Chi [Y]**<br>2:00 - 2:45pm<br>Edison Room<br>Olivia | **Body Balance [R]**<br>11:00-11:40am<br>Union Room<br>Chandra<br>**No Class 5/8,5/15** | **Weights 101 [R]**<br>11:00-11:40am<br>Union Room<br>Chandra<br>**No Class 5/2,5/16,5/23** | |
| | **Nutrition & Wellness Connection Class**<br>Wine Tasting/Pairing<br>Edison Room 2:00pm<br>Carly<br>**6-May** | | **Line Dancing [Y]**<br>2:30-3:30pm<br>Edison Room<br>Maryde<br>**May 1 & 15** | **Walking Club**<br>2:00 - 2:30pm<br>Meet in Lobby<br>Sue & Chandra<br>**May 2 & 30** | |
| | **Walking Club**<br>2:00 - 2:30pm<br>Meet in Terrace Lobby<br>Naomi & Chandra<br>**May 6 & 27** | | **Zumba Gold ® [Y]**<br>3:45-4:30pm<br>Edison Room<br>Chandra<br>**1-May** | **Laughter Yoga**<br>2:30 - 3:30pm<br>Edison Room<br>Larry<br>**16-May** | |

Glen Eddy
Distinctive Senior Living and Enriched Housing Community

## Monthly Notes and Changes

HAPPY MOTHER'S DAY

Fitness Assessments May 8th & May 13th

Sign up w/Chandra Ext. 8373 ,in Class or Front Desk

EmpowerU Nutrition & Wellness Connection Class

" Wine Tasting/Pairing "

May 6th 2:00pm Edison Room - May 19th 2:00pm Union Room

EMPOWER U
IT'S YOU. LIVING AT YOUR BEST.