

## GLEN EDDY LAND & AQUA FITNESS SCHEDULE March 1 2015 - March 31 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Balance &amp; Tone [G]</b> 8:45-9:30am Edison Room Lisa	<b>Core Strength [G]</b> 8:45-9:30am Edison Room Chandra	<b>Walking Club [G]</b> 8:45-9:15am Meet in IL Lobby Buddy System	<b>Balance Evolution [G]</b> <b>Workshop &amp; Class</b> 8:45-9:30am Edison Room Chandra	<b>Circuit Strength[G]</b> 8:45-9:30am Edison Room Chandra	
<b>Osteoporosis [Y]</b> 10:00-11:00am Edison Room Sue	<b>Aqua Tone (B)</b> 10:00-10:40am Pool Chandra	<b>Maps at Front Desk Courses/Durations</b> <b>Osteoporosis [Y]</b> 10:00-11:00am Edison Room Sue	<b>No Class 3/5</b> <b>Aqua Tone (B)</b> 10:00-10:40am Pool Chandra	<b>Gentle Yoga [Y]</b> 10:00-10:40am Edison Room Chandra	<b>Aqua Tone (B)</b> 10:00-10:40am Pool Lisa
<b>Fit &amp; Stretch [R]</b> 11:00-11:40am Union Room Naomi	<b>Weights 101 [R]</b> 11:00-11:40am Union Room Chandra	<b>Walking Club [Y]</b> 10:00-10:30am Meet in IL Lobby Buddy System	<b>No Class 3/5</b> <b>Body Balance [R]</b> 11:00-11:40am Union Room Chandra	<b>Weights 101 [R]</b> 11:00-11:40am Union Room Chandra	
	<b>Wellness Center Orientations</b> 1:00 - 2:00pm Wellness Center A&B Chandra <b>31-Mar</b>	<b>Maps at Front Desk Courses/Durations</b> <b>Nutrition &amp; Wellness Connection Class</b> "Herbal Supplements" Edison Room 2:00pm Judy <b>11-Mar</b>	<b>Line Dancing [Y]</b> 2:30-3:30pm Edison Room Maryde <b>March 5 &amp; 19</b>	<b>No Class 3/6</b>	
			<b>Zumba Gold® [Y]</b> 3:45-4:15pm Edison Room Chandra <b>March 5 &amp; 19</b>		

### Monthly Notes and Changes

HAPPY ST. PATRICK'S DAY

ACES Research Study - Bicycle with the Cybercycle for Physical and Mental

Exercise On Brain Health & Memory Sign- Up w/Chandra Ext.8373

New Indoor Walking Clubs with Various Courses , Durations & Levels

EmpowerU Nutrition & Wellness Connection Class " Herbal Supplements "

March 11th 2:00pm Edison Room

All color codes for fitness classes are as follows : (G) = Green classes

(Y) = Yellow classes, (R) = Red classes (B) = Blue classes

Descriptions of classes on the reverse side



Glen Eddy

Distinctive Senior Living and  
Enriched Housing Community

