

**GLEN EDDY LAND & AQUA FITNESS SCHEDULE February 1 2015 - February 28 2015**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Balance &amp; Tone [G]</b> 8:45-9:30am Edison Room Lisa <b>No Class 2/16</b>	<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>Maps at Front Desk Courses/Durations</b>	<b>Balance Evolution [G]</b> <b>Workshop &amp; Class</b> 8:45-9:30am Edison Room Chandra <b>No Class 2/5</b>	<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>Osteoporosis [Y]</b> 10:00-11:00am Edison Room Sue	<b>Aqua Tone (B)</b> 10:00-10:40am Pool Chandra <b>No Class 2/5</b>	<b>Gentle Yoga [Y]</b> 10:00-10:40am Edison Room Chandra	<b>Aqua Tone (B)</b> 10:00-10:40am Pool Lisa <b>No Class 2/14</b>
<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>Maps at Front Desk Courses/Durations</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>No Class 2/6</b>	
<b>Nutrition &amp; Wellness Connection Class</b> Meet & Greet Judy Carioto <b>Grill Room 2:30pm 2-Feb</b>	<b>Wellness Center Orientations</b> 1:00 - 2:00pm Wellness Center A&B Chandra <b>24-Feb</b>		<b>Line Dancing [Y]</b> 2:30-3:30pm Edison Room Maryde <b>February 5 &amp; 19</b>	<b>Cyber Cycle Research Study Presentation</b> 1:00 - 2:00pm Edison Room Dr.Cay AndersonHanley Friday <b>6-Feb</b>	
<b>Nutrition &amp; Wellness Connection Class</b> India Cuisine & Culture Edison Room 2:00pm Judy <b>16-Feb</b>			<b>Zumba Gold® [Y]</b> 3:45-4:15pm Edison Room Chandra <b>February 5 &amp; 19</b>		

**Monthly Notes and Changes**

**HAPPY VALENTINES DAY**

**Cyber Cycle Research Study Presentation February 6th 1:00pm Edison Room**

**New Indoor Walking Clubs with Various Courses , Durations & Levels**

**Bring water bottle and most of all Have Fun !**

**EmpowerU Nutrition & Wellness Connection Class " India Cuisine & Culture "**

**February 16 th 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

