

Group Exercise Schedule (12/6/21)

<p><u>Monday</u></p> <p>9:00-9:40 FC 1, 2&3-S&B C</p> <p>10:40-11:20 FC 1,2-3-Fit to Move residents only</p> <p>1:30 -2:00 FC 1,2&3-S&B B</p> <p>2:10-2:40 Pool Water Walking</p>	<p><u>Tuesday</u></p> <p>9:00-9:30 FC 1,2&3 Dance Aerobics</p> <p>9:50-10:20 Pool Aqua Aerobic Fitness</p> <p>10:45-11:15 FC1,2&3 Chair Yoga B</p> <p>3:10-3:40 Pool Aqua Fitness Aerobics</p>	<p>Wednesday</p> <p>9:00-9:40 FC 1, 2&3-S&B C</p> <p>10:40-11:20 FC 1,2-3-Fit to Move residents only</p> <p>1:30 -2:00 FC 1,2&3-S&B B</p> <p>2:10-2:40 Pool Water Walking</p>
<p><u>Thursday</u></p> <p>9:50-10:20 Pool Aqua Aerobic Fitness</p> <p>10:45-11:15 FC1,2&3 Chair Yoga B</p> <p>3:10-3:40 Pool Aqua Fitness Aerobics</p>	<p>Friday</p> <p>9:00-9:40 FC 1, 2&3-S&B C</p> <p>10:40-11:20 FC 1,2-3-Fit to Move residents only</p> <p>1:30 -2:00 FC 1,2&3-S&B B</p> <p>2:10-2:40 Pool Water Walking</p>	<p><u>S&B C:</u> 26 participant limit 8 feet apart <u>S&B D:</u> 15 participant limit 8 feet apart <u>Fit to move:</u> 26 participant limit 8 feet apart <u>S&B B:</u> 26 participant limit 8 feet apart <u>Water Walking:</u> 6 participant limit 8 feet apart</p> <p><u>Dance Aerobics:</u> 15 participant limit 8 feet apart <u>Aqua Aerobic Fitness:</u> 6 participant limit 8 feet apart <u>Chair Yoga:</u> 26 participant limit 8 feet apart</p> <p>We will not be signing up for classes, fitness center or pool anymore.</p> <p>We will be still having limits in classes. If we reach those limits, we will look at adjusting to support those numbers, where possible. We have also stop taking temperatures.</p>
		<p>There have been classes postponed because of the shortage of staff. If you have any questions, please call Jonathan at 4290 or email him.</p>