

Rappahannock Westminster-Canterbury Independent Living Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Supervised Swim 8:00-9:00				
8:30 AM					
9:00 AM	Strength & Balance C 9:00-9:40AM		Strength & Balance C 9:00-9:40AM		Strength & Balance C 9:00-9:40AM
9:30 AM				Cardio Drumming 9:15-9:45	
10:00 AM	Strength & Balance D 10:00-10:50AM	Pool Aerobics 10:00-10:45	Strength & Balance D 10:00-10:50AM	Pool Aerobics 10:00-10:45	Strength & Balance D 10:00-10:50AM
10:30 AM					
11:00 AM	Parkinson's Fit to Move 11:00-11:50		Parkinson's Fit to Move 11:00-11:50		Parkinson's Fit to Move 11:00-11:50
11:30 AM		Chair Yoga 11:00-11:45			
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM	Strength & Balance B 1:30-2:00	Supervised Swim 1:00-2:00	Strength & Balance B 1:30-2:00	Supervised Swim 1:00-2:00	Strength & Balance B 1:30-2:00
2:00 PM				Tai Chi 1:15-2:00	
2:30 PM	Supervised Swim 2:00-3:00			Line Dancing 2:30-3:00	Supervised Swim 2:00-3:00
3:00 PM		Seated Volleyball 2:30-3:30			
3:30 PM					
4:00 PM					
4:30 PM					

S&B B	Individuals who participate in light to moderate physical activity. Seated and standing class format.
S&B C	Individuals who participate in moderate to vigorous physical activity. Standing with some seated class format.
S&B D	Individuals who participate in vigorous physical activity and capable of standing for prolonged periods of time. Standing and floor work class format.

Land Classes
Pool Classes
Weekly Games
Supervised Swim