




INSPIRE

...to be the best **YOU!**

AQUATICS

(Aquatics Center)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|--|
| 8:00 - 8:45am | Tidewater Aerobics (advanced) | Tidewater Aerobics (advanced) | Saltwater Circuit (advanced) | Tidewater Aerobics (advanced) | Tidewater Aerobics (advanced) |
| 3:00 - 3:45pm |  CAROLINA BAY | Headwater Aerobics (beginner) |  CAROLINA BAY | Headwater Aerobics (beginner) |  CAROLINA BAY |

GROUP EXERCISE

(Wellness Studio & Fitness Center)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|--------------------------------------|--|--------------------------------------|--|
| 9:00 - 9:45am | Cardio & Strength Conditioning (advanced) | Beat Today (pre-approval) | Cardio & Strength Conditioning (advanced) | Beat Today (pre-approval) | Cardio & Strength Conditioning (advanced) |
| 10:00 - 10:45am | Yoga (all residents) | Tai Chi (beginner) | Autumn Hall Community Bike Ride (all residents) | Yoga (beginner) | Tai Chi (all residents) |
| 11:00 - 11:45am | Functional Fitness (beginner) | Tai Chi (advanced) | Functional Fitness (beginner) | Yoga (advanced) | Functional Fitness (beginner) |
| 2:00 - 2:45pm | Personalized Assessments, Exercise Plans & Orientations (1:00 - 4:00pm by appointment) | Meditation (all residents) | Personalized Assessments, Exercise Plans & Orientations (1:00 - 4:00pm by appointment) | Meditation (all residents) | Personalized Assessments, Exercise Plans & Orientations (1:00 - 4:00pm by appointment) |

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|---|---|--|
| <u>Beginner:</u> Low-moderate intensity; seated class with some standing (except in pool) | <u>Advanced:</u> Moderate-high Intensity; mostly standing and on exercise mats (except in pool) | <u>All:</u> Appropriate for all resident fitness levels and abilities |
|---|---|--|

Inspirational
Nutritional
Spiritual
Personal
Integrative
Rehabilitative
Educational



To begin participating, call Wellness Director, Nate Futrell at 769-7511
to schedule your **INSPIRE** ORIENTATION & ASSESSMENT today!