




INSPIRE

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

AQUATICS

(Aquatics Center)

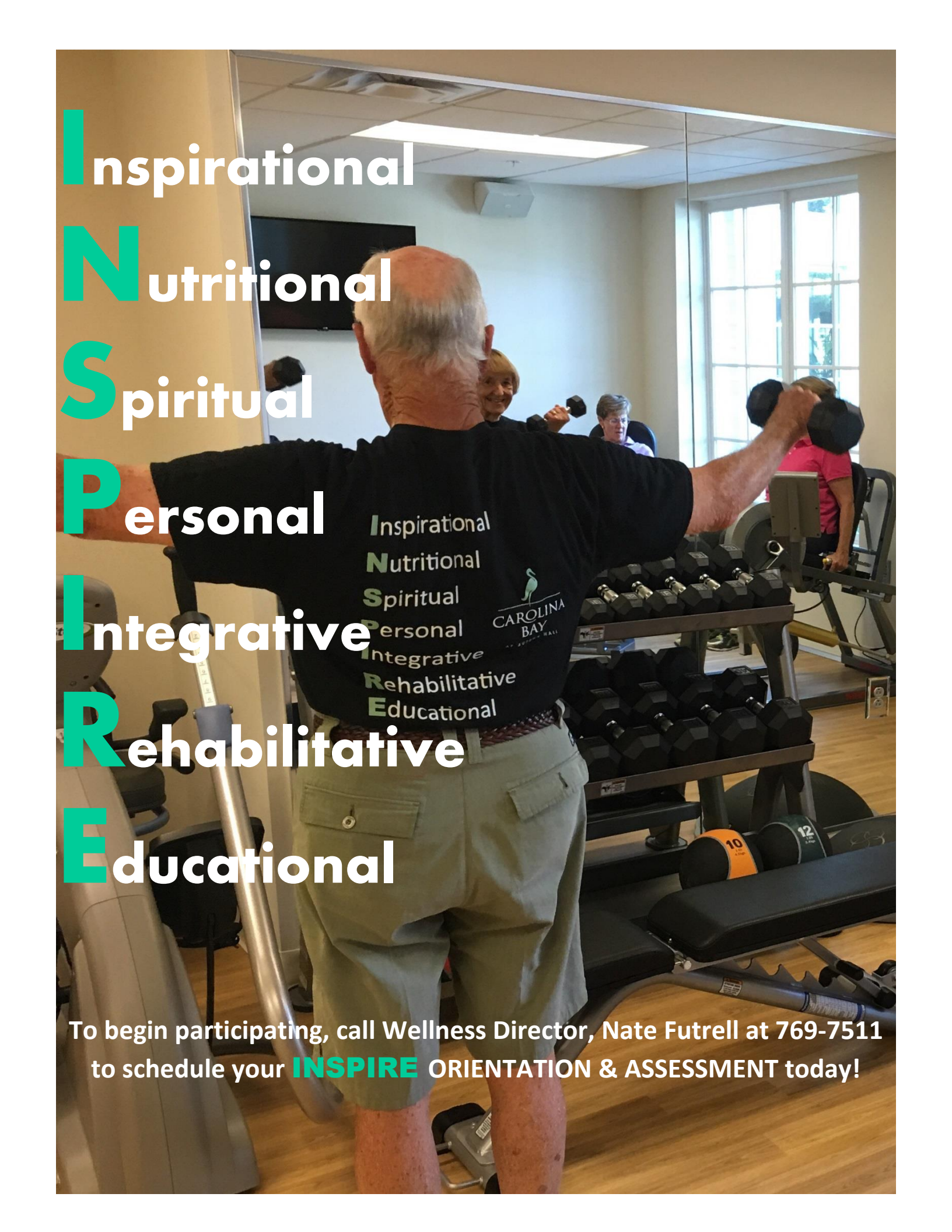
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:45am	Tidewater Aerobics (advanced)	Tidewater Aerobics (advanced)	Saltwater Circuit (advanced)	Tidewater Aerobics (advanced)	Tidewater Aerobics (advanced)
3:00 - 3:45pm	 CAROLINA BAY	Headwater Aerobics (beginner)	 CAROLINA BAY	Headwater Aerobics (beginner)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

<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
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A man with white hair, seen from the back, is standing in a gym. He is wearing a black t-shirt that has the words 'Inspirational', 'Nutritional', 'Spiritual', 'Personal', 'Integrative', 'Rehabilitative', and 'Educational' printed on it in a light green color. To the right of these words is a logo for 'CAROLINA BAY' featuring a bird. He is also wearing khaki shorts. In the background, other people are visible, some of whom are also working out. There are dumbbells on a rack and exercise machines in the gym.

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!