

# INSPIRE



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

## AQUATICS (Aquatics Center)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:45am	<b>Tidewater Aerobics</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)	<b>Saltwater Circuit</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)	<b>Tidewater Aerobics</b> (advanced)
10:00 - 10:45am	<b>Supervised Swim</b> (all residents)	3:00 - 3:45pm <b>Headwater Aerobics</b> (beginner)	<b>Supervised Swim</b> (all residents)	3:00 - 3:45pm <b>Headwater Aerobics</b> (beginner)	<b>Supervised Swim</b> (all residents)

## GROUP EXERCISE

(Wellness Studio & Fitness Center)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45am	<b>Circuit Training</b> (advanced)	<b>Beat Today</b> (pre-approval)	<b>Cardio &amp; Strength Conditioning</b> (advanced)	<b>Beat Today</b> (pre-approval)	<b>Circuit Training</b> (advanced)
10:00 - 10:45am	<b>Yoga</b> (beginner)	<b>Bay Balance</b> (advanced)	<b>Yoga</b> (advanced)	<b>Bay Balance</b> (advanced)	<b>Yoga</b> (all residents)
11:00 - 11:45am	<b>Functional Fitness</b> (beginner)	 CAROLINA BAY	<b>Functional Fitness</b> (beginner)	 CAROLINA BAY	<b>Functional Fitness</b> (beginner)
1:00 - 1:45pm	<b>Personalized Assessments, Exercise Plans &amp; Orientations</b> (by appointment)	<b>Personalized Assessments, Exercise Plans &amp; Orientations</b> (by appointment)	<b>Personalized Assessments, Exercise Plans &amp; Orientations</b> (by appointment)	<b>Personalized Assessments, Exercise Plans &amp; Orientations</b> (by appointment)	<b>Personalized Assessments, Exercise Plans &amp; Orientations</b> (by appointment)
2:00 - 2:45pm	<b>Guided Meditation</b> (all residents)	<b>Bay Balance</b> (beginner)	3:00 - 3:45pm <b>Carolina Cruisers Walking Club</b> (advanced)	<b>Bay Balance</b> (beginner)	<b>Guided Meditation</b> (all residents)

**I**nspirational

**N**utritional

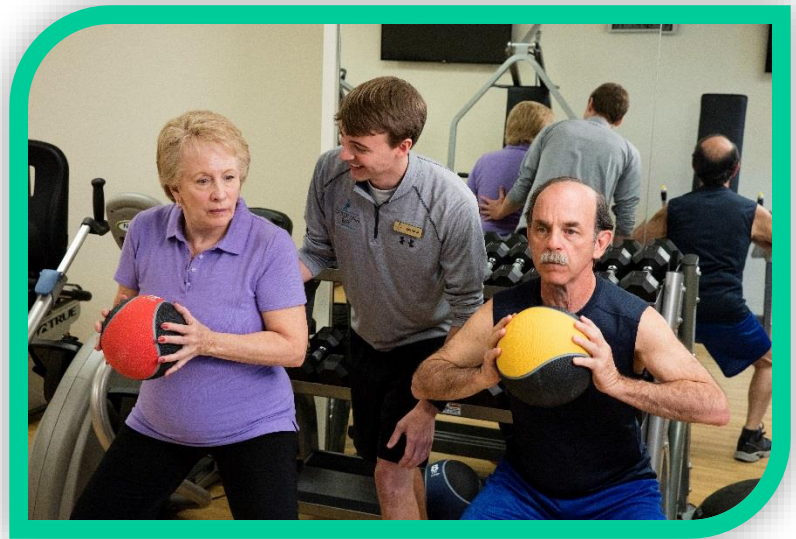
**S**piritual

**P**ersonal

**I**ntegrative

**R**ehabilitative

**E**ducational



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