

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



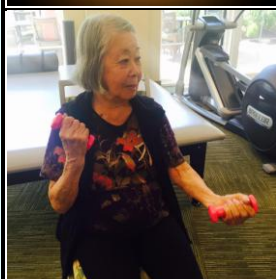
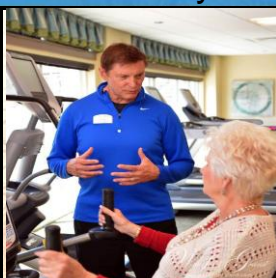
HAPPY NEW YEAR!
NO CLASSES TODAY
New Year's Day

1 Morning Swim 2
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

3 Morning Swim 3
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

4 Morning Swim 4
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

5 Morning Swim 5
10:00am Stand Cardio
10:30am Silver Fit
2:30pm Exercise/Don
Clean Pool



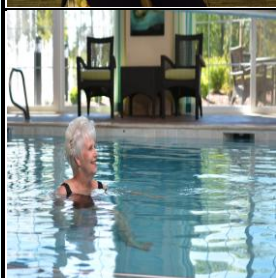
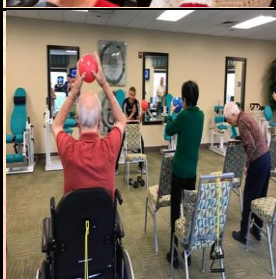
8 Morning Swim 8
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

9 Morning Swim 9
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

10 Morning Swim 10
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

11 Morning Swim 11
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

12 Morning Swim 12
10:00am Stand Cardio
10:30am Silver Fit
2:30pm Exercise/Don
Clean Pool



15 Morning Swim 15
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don
Martin Luther King Day

16 Morning Swim 16
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

17 Morning Swim 17
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

18 Morning Swim 18
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

19 Morning Swim 19
10:00am Stand Cardio
10:30am Silver Fit
2:30pm Exercise/Don
Clean Pool



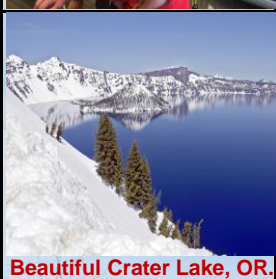
22 Morning Swim 22
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

23 Morning Swim 23
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

24 Morning Swim 24
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

25 Morning Swim 25
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

26 Morning Swim 26
10:00am Stand Cardio
10:30am Silver Fit
2:30pm Exercise/Don
Clean Pool
Australia Day



29 Morning Swim 29
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don

30 Morning Swim 30
Open Gym and Pool
10:30am Mixed Tai Chi/Yoga
2:30pm Exercise/Don

31 Morning Swim 31
10:00am Stand Cardio
10:30am Silver Fit
10:30am Aquatic Class/Kim
2:30pm Exercise/Don
Tu B'Shevat

January 2018
Exercise At The Waterford Grand

ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK WITH RECEPTION FOR OPEN GYM AND POOL HOURS ON WEEKENDS

WHAT'S ON THE CALENDAR

Morning and Day Swim: The pool opens at 7:00am for all residents until 5pm Monday through Thursday. (Friday it is open at 7:00am until 3pm to clean the pool). This is an excellent time to enjoy the 88 degree water. The buddy system is required when I'm not here, or after 5pm.

Standing Cardio: 10:00 to 10:25am Monday, Wednesday, Friday. This class is structured for more active residents. No Chairs. Focus is on full range of movements with weights, bands and other equipment.

Silver Fit: 10:30 to 11:15am Monday, Wednesday, Friday. This class is structured for both standing and sitting exercises using hand held weights, small exercise balls and elastic bands. Focus is on full range of movement and some cardio.

Tai Chi/Yoga: 10:30 to 11:15am Tuesday and Thursday. This class is a combination of standing and chair Tai Chi and Yoga exercises that focus on breathing, balance, and long held stretches, along with comfortable and adequate poises. We use other equipment to mix it up a little.

Exercise with Don: 2:30-3:15pm Monday through Friday. This class focuses on cognitive training related to problems with balance, gait, posture, and range of movement.

Aquatic Class with Kim: 10:30-11:30am Mondays and 10:30-11:30am Wednesdays. This is excellent for post physical therapeutic treatments and those who love water. We use water equipment, such as noodles, dumbbells, fins, and other items as we need them. The class moves through a full range of movement exercises for the hips, legs, feet, arms, and hands.