

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# June 2018

# The Waterford Grand

**Morning Swim 1**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit

2:30pm  
Exercise/Don  
Clean Pool



**Morning Swim 4**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 5**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 6**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 7**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30 pm  
Exercise/Don

**Morning Swim 8**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit  
2:30pm  
Exercise/Don  
Clean Pool



**Morning Swim 11**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 12**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 13**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 14**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 15**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit  
2:30pm  
Exercise/Don  
Clean Pool



**Morning Swim 18**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 19**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 20**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 21**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 22**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit  
2:30pm  
Exercise/Don  
Clean Pool



**Morning Swim 25**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 26**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 27**  
9:30am Class  
10:30am Silver Fit  
10:30am Aquatic Class/Kim  
2:30pm  
Exercise/Don

**Morning Swim 28**  
9:30am Class  
10:30am Silver Fit  
Mixed with Tai Chi/Yoga  
2:30pm  
Exercise/Don

**Morning Swim 29**  
Open Gym and Pool  
9:30am Class  
10:30am Silver Fit  
2:30pm  
Exercise/Chris  
Clean Pool



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.

**9:30am Class:** This class is very similar to my Silver Fit class at 10:30am. This class is structured for both standing and sitting exercises using hand held weights, small exercise balls and elastic bands.

**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. We use other equipment to mix it up a little as necessary.

**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.