

July 2026 Fitness & Wellness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	7 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	8 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	9 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	10 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
13 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 10:00 Gentle Yoga (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	14 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	15 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	16 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	17 9:00 A.M. Tai Chi (GF)
20 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 10:00 Gentle Yoga (GF) 11:00 Staying Strong (GF) 3:00 Line Dancing (GF)	21 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	22 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF) 3:00 Clogging 101 (GF)	23 8:30 Morning Flex (GF) 9:15 Balance Plus (GF) 10:00 Sit and Fit (GF) 1:30 Chair Yoga (GF)	24 8:00 Gentle Yoga (GF) 8:30 Low Go Cardio (GF) 9:00 A.M. Tai Chi (GF) 11:00 Staying Strong (GF)
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P - Pool GF - Group Fitness Room AR - Activity Room A G - Gym * - Approval Needed

Class times and locations subject to change

July Fitness & Wellness News

I scream, you scream, we all scream for watermelon?

Yes, watermelon! Watermelon is more than a refreshing snack, it has health benefits too. It is low in calories and rich in antioxidants. Watermelon is an excellent source of vitamins C, A, B6 and B1. It also contains the carotenoid lycopene, which can reduce the risk of prostate and other cancers. When choosing a watermelon, look for a hefty, symmetrical, unblemished melon. A creamy yellow spot on the bottom indicates ripeness. Add this colorful fruit to your summer menu for a healthy way to cool off – perfect for any hot day! Be sure and sign up for our watermelon social on 7/23. It will be at 3:00 p.m. in Activity Room A.

Gentle Yoga will also be offered at 10:00 a.m. on Mondays! (beginning Monday, July 13th)

Several residents have expressed an interest in attending Gentle Yoga, but do not get up early enough to attend the 8:00 a.m. class. So Patti has agreed to offer Gentle Yoga at 10:00 a.m. on Mondays, beginning on Monday, July 13th. If this new class is well attended, we would look at adding a class on Wednesdays as well. This class does require you to get down on the floor and back up again. If you do not have a yoga mat, we do have some stretching mats that you may borrow. If you have any questions, please contact Patti at 405-4566. You do not need to sign up for this class, just meet in the Group Fitness Room at 10:00 a.m. on Monday, July 13th.

Please feel free to discuss fitness and/or wellness questions, comments, concerns, or suggestions with us.

We value your feedback and look forward to hearing from you!

Patti Kunselman, Wellness Manager, 405-4566 Jaichelle Thomas, Fitness Assistant, 405-4532