

Brightmore Fitness Schedule

Aquatic Classes & Supervised Pool time

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:30	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	
9:15-9:50						Tai Chi Water *1 st & 3 rd Saturday
9:30-10:15	Arthritis Aquatics		Arthritis Aquatics	Open Pool	Open Pool	
1:30-2:00				Water Aerobics *3 rd Thursday *SU		
1:45-3:00	Open Pool	Open Pool				

Group Exercise and Land Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:15		Group Balance			Group Balance	
10:15-10:50						Tai-Chi Seated *1 st & 3 rd Saturday
10:30-11:00	Chair Yoga & Balance	RT & Orientations *SU	Chair Yoga & Balance			
11:15-11:40			Wii Balance *SU			
10:45-11:20		RT & Orientations *SU	RT & Orientations *SU	Strength Training		
3:30-4:15		*Line- Dancing Check Monthly for date of this class.		Ageless Grace *2 nd and last Thursday		

***Sign Up (SU) required the day before the scheduled class. Please check Activities Calendar for once a month classes *SU Notebook will be located outside Fitness Center.**

The Therapy Pool is a Shallow 3ft-4.5ft Salt Water Pool. Please contact Wellness Director if interested in the Therapy Pool prior to going.

Pool Temperature = 91° Salt Water

Pool Shoes Required to use the Pool.

The Pool will be CLOSED if there is any Thunder or Lightning.

Please Keep In mind, Instructors need a Minimum of 4 residents in the class to teach.

Class Descriptions

Arthritis Aquatics – Group Fitness, designed to ease Arthritis discomfort; **gentle** pace emphasizing range of motion, coordination & balance. Arthritis Foundation & Aquatic Exercise Association (AEA) approve all exercises; uses noodles.

Group Balance – Group Fitness, led by Norman Brooks, *PTA*. This class enhances postural strength & control to safely perform activities of daily living while following a series of seated & standing exercises.

Chair Yoga & Balance – Group Fitness, performing variety of seated & standing yoga poses with chair support, dynamic stretching to improve posture while increasing range of motion & restorative breathing to promote relaxation & mental clarity.

Strength Training – Group Fitness, increasing core & lower back strength & endurance while improving cardiovascular health, using resistance, repetition & sets to improve muscle tone & prevent injury. This class uses small weights, therapy ball & resistance bands.

Water Aerobics – Group Fitness, moderate impact conditioning to maintain muscular strength with mild cardio segment followed by a flexibility cool down. Intensity level can be determined by your effort in the water; uses buoys. *Sign up prior.*

Tai Chi Land& Water – Class designed to utilize Tai Chi warm-ups, postures and form to strengthen the body. Incorporating the deep breathing, joint rotations, stretch and flow, to enable the body to move in different ways than it is used to. Tai Chi Water provides natural resistance, to aid in developing both small and large muscles. Good for respiratory system, strength-enhanced balance, coordination and relaxation.

Ageless Grace – “Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain- analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination- and simultaneously addresses all 21 physical skills needed for lifelong optimal function. All ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain.” www.agelessgrace.com

RT Assessments & Orientation – Please call to schedule an Appt. with *Madeline Woodard*, to go over the fitness & Aquatic Schedule once you have moved in. Recreation Therapy Assessment upon request.

Night Meditation & Gentle Stretch – Movements and breathing techniques to relax the body before you settle in for the night. This is a once a month class, please check weekly & large monthly Activity Calendar for this class.

Open Pool: Supervised pool time, pool is open to residents. No Classes provided at this time.

