

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30-9:15: Pool Strength and Stretch (P) 9:00-9:45: Senior Aerobics (GFR) 10:00-10:45: Strength and Stretch (GFR) 11:15-11:45: Chair Exercise (W) 1:45-2:15: Seated Strength and Stretch (GFR) 4:30-5:30: Gentle Joints Plus (P) 5:30-6:30: Aquacise (P)	2	8:30-9:30: Intermediate Yoga (GFR) 9:30-10:15: Aqua Aerobics (P) 10:30-11:00: Relaxation and Meditation (GFR) 11:00-12:00: Aquacise (P) 2:00-2:30: Senior Balance (GFR)	3	9:30-10:15: Zumba Gold w/ DVD (GFR) 10:30-11:30: Tai Chi (GFR) 11:15-11:45: Chair Exercise (W) 1:45-2:15: Seated Strength and Stretch (GFR) 2:30-3:15: Strength and Stretch (GFR) 4:30-5:30: Gentle Joints Plus (P) 5:30-6:30: Aquacise (P)	4	8:45-9:15: Core Stretch (GFR) 9:30-10:15: Aqua Aerobics (P) 10:30-11:00: Relaxation and Meditation (GFR) 11:00-12:00: Aquacise (P) 11:00-11:30: Tai Chi Chih (GFR) 2:00-2:30: Senior Balance (GFR)	5	8:30-9:15: Pool Strength and Stretch (P) 9:00-9:45: Senior Aerobics (GFR) 11:15-11:45: Chair Exercise (W) 1:45-2:15: Seated Strength and Stretch (GFR) 2:30-3:15: Strength and Stretch (GFR)	6
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Aqua Aerobics (P) – A 45-minute pool class that provides aerobic, flexibility and strength building exercises that are easy on the joints.

Aquacise* (P) – A 1-hour cardiovascular pool workout that is good for the heart, gentle on the joints, and fun in the water.

Chair Exercise (W) – 30 minutes of seated strengthening exercises designed to challenge the entire body.

Core Stretch – A 30 minute class designed to strengthen the core muscles and stretch the entire body.

Gentle Joints Plus* (P) – A 45-minute pool workout that includes gentle exercises designed to improve joint mobility, range of motion, balance, and stability.

Intermediate Yoga* (GFR) – A 1-hour Vinyasa Yoga class, sometimes referred to as a “Flow Class.” It is movement coordinated with the breath, smoothly flowing with each inhalation and exhalation, almost dance-like (thus “flow yoga”). It is a yoga that unites mind, body, and spirit. The continual movement offers many health benefits, such as increasing muscle strength, endurance, and flexibility, while reducing stress. Recognizing that each student brings a unique body to the class, variations and modifications are offered for each flow/pose. All levels are welcome.

Pool Strength and Stretch (P) – A 45-minute total body pool workout that includes aerobic and strength-based exercises followed by a brief stretching routine.

Relaxation & Meditation (GFR) – A 30-minute seated session that combines muscle relaxation, guided imagery, and meditation.

Seated Strength and Stretch (GFR) – A 30-minute class of seated strengthening exercises designed to challenge the entire body, followed by stretching of all the major muscle groups.

Senior Aerobics (GFR) – A 45-minute low to moderate impact aerobic dance party.

Senior Balance (GFR) – 30 minutes of balance, coordination, and functional exercises designed to help with activities of daily living.

Strength & Stretch (GFR) – A 1-hour total-body strengthening workout that uses the option of exercise equipment for additional resistance, followed by stretching of all the major muscle groups.

Tai Chi (GFR) – Beginner class designed for Kendal Residents that is great for balance.

Tai Chi Chih* (GFR) – A 30-minute practice opportunity. The class features tai chi-like moves designed to get energy moving, promote relaxation, and improve leg strength, coordination, and balance.

****Aquacise, Gentle Joints Aquacise, Intermediate Yoga, and Tai Chi Chih are taught and attended by members of the Lexington community, but are open to residents and staff free of charge.***

GFR=Group Fitness Room P=Pool W=Webster Activity Room