




Independent Wellness Program

November 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 8:45 full body 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics	2 8:45 Balance training 9:30 balance training 1:15 seated balance	3 WALKING CLUB! Fast pace walk: 9:00 Slow pace walk: 9:30
4	5 8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA	6 8:45 full body strength 9:30 full body strength 1:15 chair aerobics	7 8:45 aerobics 9:30 aerobics (RAMP) 9:45 CHAIR ZUMBA 1:15 seated strength 2:05 CHAIR YOGA	8 8:45 full body 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics	9 8:45 Balance training 9:30 Balance training 1:15 seated balance	10 NO Hiking Club!
11	12 8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA	13 8:45 full body strength 9:30 full body strength 1:15 chair aerobics	14 8:45 Balance training 9:30 aerobics (RAMP) 1:15 seated strength 2:05 CHAIR YOGA	15 8:45 full body 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics	16 NO EXERCISE 	17 HIKING CLUB! 8:30am
18	19 8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA	20 8:45 full body strength 9:30 full body strength 1:15 chair aerobics	21 8:45 Balance 9:30 aerobics (RAMP) 9:45 CHAIR ZUMBA 1:15 seated strength 2:05 CHAIR YOGA	22 NO EXERCISE 	23 NO EXERCISE 	24 NO Walking Club!
25	26 8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA	27 8:45 full body strength 9:30 full body strength 1:15 chair aerobics	28 8:45 aerobic training 9:30 aerobics (RAMP) 1:15 seated strength 2:05 CHAIR YOGA	29 8:45 full body strength 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics	30 8:45 Balance training 9:30 Balance training 1:15 seated balance	

