




Independent Wellness Program

February 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					<p>1</p> <p>8:45 Balance training 9:30 Balance training 1:15 seated balance 3:00 GAPS (Clemson)</p>	<p>2</p> <p>Walking/Hiking club will resume back in spring</p>
<p>3</p>	<p>4</p> <p>8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>5</p> <p>8:45 full body strength 9:30 full body strength 1:15 chair aerobics</p>	<p>6</p> <p>8:45 aerobics 9:30 aerobics (RAMP) 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>7</p> <p>8:30-4:30 SENIOR FITNESS ASSESSMENTS.</p> 	<p>8</p> <p>8:45 Balance training 9:30 Balance training 1:15 seated balance 3:00 GAPS (Seneca)</p>	<p>9</p> <p>8:30-12:00 SENIOR FITNESS ASSESSMENTS.</p> 
<p>10</p>	<p>11</p> <p>8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>12</p> <p>8:45 full body strength 9:30 full body strength 1:15 chair aerobics</p>	<p>13</p> <p>8:45 aerobics 9:30 aerobics (RAMP) 9:45 CHAIR ZUMBA 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>14</p> <p>Valentine's  Smoothies Regular class scheduled!</p>	<p>15</p> <p>8:45 Balance training 9:30 Balance training 1:15 seated balance 3:00 GAPS (Clemson)</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>19</p> <p>8:45 full body strength 9:30 full body strength 1:15 chair aerobics</p>	<p>20</p> <p>8:45 aerobics 9:30 aerobics (RAMP) 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>21</p> <p>8:45 full body 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics</p>	<p>22</p> <p>8:45 Balance training 9:30 Balance training 1:15 seated balance 3:00 GAPS (Seneca)</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>8:45 aerobic training 9:30 aerobic training 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>26</p> <p>8:45 full body strength 9:30 full body strength 1:15 chair aerobics</p>	<p>27</p> <p>8:45 aerobics 9:30 aerobics (RAMP) 9:45 CHAIR ZUMBA 1:15 seated strength 2:05 CHAIR YOGA</p>	<p>28</p> <p>8:45 full body 9:30 full body strength 10:45 functionalExercise 1:15 chair aerobics</p>		