







Monday	Tuesday	Wednesday	Thursday	Friday
Location Key: (A) Auditorium (AL) Assisted Living (C) Clubhouse (P) Piano Lounge (W) Wellness Center	1 Happy New Years!! No Pool Or Classes Today 	2 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)	3 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A) 10:00 Meditation (Chapel) 	4 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)
7 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Fit And Strong L1 (AL)	8 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (C)	9 10:00 Group Strength L2/3 (C) 1:30 Fit And Strong L1 (AL)	10 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (C) 	11 10:00 Group Strength L2/3 (C) 1:30 Fit And Strong L1 (AL)
14 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Fit And Strong L1 (AL)	15 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (C)	16 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)	17 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (C) 	18 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)
21 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Fit And Strong L1 (AL)	22 8:30 Balance L3(A) 9:00 Balance L2(W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (C)	23 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)	24 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (C) 	25 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)
28 10:00 Group Strength L2/3 (A) 11:00 Tai Chi L1/2/3 (C) 1:30 Fit And Strong L1 (AL)	29 8:30 Balance L3(A) 9:00 Balance L2(W) 9:00 Cardio & Core L3 (A) 10:00 Yoga (C)	30 10:00 Group Strength L2/3 (A) 1:30 Fit And Strong L1 (AL)	31 8:30 Balance L3 (A) 9:00 Balance L2 (W) 9:00 Zumba Gold L3 (A) 10:00 Yoga (C) 	<p style="text-align: center;">Asbury Solomons Group Exercise Schedule January 2019</p>

LAND EXERCISE CLASS DESCRIPTIONS

Cardio & Core (Level 3)- This class is a combination of cardio, core, & strengthening exercises. The first half of the class is a high intensity cardio workout, and the second half consists of core strengthening exercises and stretching. 45-minute class. Tuesdays at 9:00 AM in the Auditorium.

Meditation Class: A 3-part class comprised of lecture, movement, & meditation portions. The session will be completed with the use of a chair for seated & standing exercises. 60-min class on the 1st Thursday of each month at 10:00 AM in the Auditorium.

Classical Stretch: The Classical Stretch program is a series of exercise routines that help to increase strength & energy. 45-min workout (DVD– not led by an instructor). Scheduled in place of Zumba class.

Balance (Levels 2 & 3)- These classes incorporate exercises to improve your confidence in your balance. Expect your balance, stability, and agility to improve after consistently attending these classes. Exercises include practical movements associated with everyday activities. 30-minute class Level 2: Tuesdays/Thursdays at 9:00 AM in the Wellness Center, Level 3: Tuesdays/Thursdays at 8:30 AM in the Auditorium.

Multi-Level Yoga (Levels 1/2/3)- This class incorporates stretching and strengthening yoga postures great for ALL levels. There is a focus on deep breathing exercises and meditation for relaxation. 60-minute class Tuesdays and Thursdays at 10:00 AM in the Auditorium. Class does NOT meet the first Tuesday of each month. Private Yoga is available upon request.

Group Strength (Levels 2/3)- These classes will make you stronger by participating in a variety of simple, easy to understand strength exercises. You'll get a complete workout using all major muscle groups. Dumbbells, bands, and ankle weights are used to make the most of your time. Includes both seated and standing exercises. 30-45 minute class. Monday/Wednesday/Friday at 10:00 AM in the Auditorium.

Fit & Strong (L1)- This 30-minute class incorporates easy-to-follow strength exercises through the use of body weight and resistance bands. The class is primarily done in a seated position with occasional standing exercises. Monday/Wednesday/Friday at 1:30 PM in the Assisted Living Community Room.

Tai Chi (Level 1/2/3)- This is a gentle and relaxing class designed to reduce stress, improve balance and concentration, while promoting a feeling of well-being. This class is excellent for people trying Tai Chi for the first time and for those who are interested in improving their balance. 60-minute class. Mondays at 11:00 AM in the Clubhouse.

Wii Bowling (Level 1/2/3)- Wii bowling is a fun way to get exercise. It is great for improving balance and agility. You can play with others or by yourself. Various times are available. Contact Dennis for more details at X3308.

ZUMBA Gold (L3)- Zumba Gold is a great, fun way to exercise! It is an aerobic dance class, set to Latin rhythms. This 30-45 minute class is taught by certified Zumba Gold instructors.

Questions? Contact Dennis x3043

