

Vitality Wellness and Exercise

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) 1:00 Water Volleyball (P) 4:00 Water Fitness (P)	2 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (HC)	3 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P)	4 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
5	6 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	7 9:30 Aqua Zumba (P) 9:30 Sit & Reach (RA-F) 10:00 Balance (RA-F) 10:30 Cardio Training (RA-F) Acupuncture Available (HC)	8 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) 1:00 Water Volleyball (P) 4:00 Water Fitness (P)	9 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (HC)	10 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P)	11 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
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Stretch it Out!

Avoid static stretching before a workout. Static stretching is stretching individual muscles to their limit while in one place (like touching your toes for 10 seconds). Static stretching should be done AFTER a workout so the muscles are warm, more elastic, and less likely to become injured.

Class Schedule Key

BR	Board Room
CR	Community Room
VC	Vitality Center
AS	Art Studio
P	Pool
RA. F	Royal Anne Fireplace
HC	Health Center
RA.P	Royal Anne Patio

Health Services

Call and schedule your appointment for:

Metta Massage—503-318-3612
 Adventist Foot Care—503-251-6303
 Able Hearing—503-239-8918
 On-Site Oral Health Care—503-902-5333
 Eileen Questions About Wellness Classes & Services? 310-698-4242

Please call the Vitality Desk
 503-546-7924

Hours of Operation

Monday - Friday 7am - 7pm Saturday - Sunday 10am - 3:30pm

Pool closed for cleaning on Fridays
 from 2-3:30PM