

**Individual Orientations and Fitness Assessments will be done by appointment only.
Please call Sheri at 919-419-4017.**

Monday	Tuesday	Wednesday	Thursday	Friday
		7:30-8:30 Supervised Training (All) Sheri		7:30-8:15 Supervised Training (All) Sheri
8:00-8:45 Hydro Blast (L3)-Pool Net	8:00-8:45 Hydro Blast (L3)-Pool Sheri	8:00-8:45 Hydro Circuit (L3)- Pool Net	8:00-8:45 Hydro Blast (L3)-Pool Sheri	8:00-9:00 Hydro Blast (L3)-Pool Julia
			8:45-9:30 Aqua Yoga (L2,L3)-Pool Alana	8:45-9:30 Cardio/Strength Circuit (L3)-GES Sheri
	9:00-11:00 Supervised Training (All) Sheri			
9:00-9:25 Cardio Conditioning (L3)-GES Sheri	9:00-9:25 Cardio Conditioning (L3)-GES Julia	9:00-9:25 Cardio Conditioning (L3)-GES Sheri	9:00-9:25 Cardio Conditioning (L3)-GES Julia	
9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Sheri	9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Julia	9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Sheri	9:30-10:00 Strength Conditioning Free Weights & Bands (L3)-GES Julia	9:30-10:30 Yoga (L3)- GES Cheryl
10:15-10:45 Dynamic Balance (L2,L3) GES Sheri		10:00-11:00 Yoga (L3)- GES Cheryl	10:00-10:30 Functional Fitness (L2)-GES Sheri	10:30-11:15 Yoga (L2)-GES Cheryl
10:45-11:15 Balance Basics (L2)-GES Sheri	10:30-11:00 Functional Fitness (L2)-GES Alana	11:15-12:00 Yoga (L2)-GES Cheryl	10:30-11:00 Balance Basics (L2)-GES Sheri	
11:30-12:00 Functional Fitness (L1)-CF Jane	11:30-12:00 Functional Fitness (L1)-CF Alana	11:30-12:00 Functional Fitness (L1)-CF Sheri	10:15-10:45 Functional Fitness (L1)- CF Alana	11:30-12:00 Yoga (L1)-CF Sheri
11:30-12:00 Meditation Circle – (All)-GES Ibby & Larry			11:15-11:45 Mind & Body Drumming (L2, L3)- GES Sheri	11:30-12:00 Meditation Circle – (All)-GES Ibby & Larry
1:00-1:45 Tai Chi (L2-L3) GES Nina	1:30-2:15 Therapeutic Aquatics(ALL) Pool Carol		1:30-2:15 Therapeutic Aquatics (ALL) Pool Carol	
2:00-4:00 Supervised Training (All) Sheri		2:30-3:30 Beginner/ Intermediate Swim Lessons Sign-Up Required \$	2:00-4:00 Supervised Training (All) Sheri	

RECREATION, SPORTS & DANCE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL DAY	Table Tennis (L3) GES						Table Tennis (L3) GES
10:00-11:00am							10:00 Men's Billiard (L2) Tap 10:15am Croquet/Lawn Games (L3) RG
11:00-12:00pm							Seated Volleyball (ALL) GES
12:00-2:00pm							Women's Billiards (L2) Tap
1:30-3:30pm		Billiards Open Play (L2) Tap	Billiards Open Play (L2) Tap	Men's Billiards (L2) Tap	Men's Billiards (L2) Tap	Billiards Open Play (L2) Tap	
2:30-3:30pm		Table Tennis (L3) GES	Table Tennis (L3) GES	Table Tennis (L3) GES	Table Tennis (L3) GES	Table Tennis (L3) GES	
3:30-5:30pm	3:30-4:30pm Seated Volleyball (ALL) GES	4:00-5:00pm Square Dancing (L3) (Starting Apr 4) 1st/3 rd Mon International Dancing (L3) 2 nd /4 th Mon GES		Women's Billiards (L2) Tap	Women's Billiards (L2) Tap		

LEVELS OF INTENSITY KEY			
L1 or Level 1 – Basic: Light intensity (seated class with no standing, except in pool)	L2 or Level 2 – Intermediate: Moderate intensity (seated with some standing with chair assist if needed)	L3 or Level 3 – Advanced: Active (mostly standing and on floor mats)	ALL – Adaptable for any capability

LOCATION KEY

CF = Carlton Fitness Center
GES = Group Exercise Studio
RG = Rose Garden
RT = Ritz Theater
PR = Party Room
Tap = Taproot Club Room

Fitness Center Guidelines

- All participants must complete the Fitness Center Orientation to the facilities, equipment and programs.
- Please arrive at least 5 minutes before the start of the class.
- No advanced sign up is needed, but please do sign in at the door.
- Please wear appropriate apparel and footwear.
- Be sure to have your Respond Button on your body. Respond Buttons are waterproof.
- Swimmers are required to practice the buddy system or participate in a group class. Never swim alone!
- Lockers are available in the Locker Rooms for residents, guests and employees while using the Fitness Center. Please be considerate of others by not leaving items in lockers or on hooks after you are finished. If locks and/or items are left behind anywhere in the Locker Room, they will be removed and discarded at the end of each week. **Enjoy your workout!**

[*Refer to Week at a Glance for Days and Times](#)
Mandatory Fitness Center Orientation
(All Levels)

If you are new to the Fitness Center, you will need to schedule an appointment and complete a physician's consent form and liability waiver to participate in the orientation. Only those who have participated in an orientation will be cleared to use the fitness equipment. Please contact the Fitness Team at 919-419-4017, and they will gladly orient you to our equipment.

Senior Fitness Testing (All Levels)

If you have never completed the Senior Fitness Test or it has been over a year since your last evaluation, please contact the Fitness Team to schedule a time for you to complete the Senior Fitness Test. The test gives base line fitness information that compares you to others your age and gender in the areas of strength, flexibility, balance, endurance and determines your body mass index. Fitness Center Staff will meet with you to complete the Senior Fitness Test and then advise, design and guide you through a tailor-made fitness program to meet your specific needs. Annual assessments are complimentary. Additional assessments during the course of the year are \$40 per session.

Aqua Moves (Level 2)

Aqua Moves is a gentle water exercise class which uses the properties of the water to work with resistance, balance, flexibility and coordination. After thorough warm-up exercises, the class moves to a series of interval exercises, alternating heart-rate raising moves and recovery moves. Participants work freely standing in the water, utilizing the wall, using noodles, dumbbells, etc. There is flow and dance quality to many of the moves.

Balance Basics (Level 2)

In this class, exercises are performed both seated and standing with chair support if needed. Activities focus on skills needed to develop more efficient movement, improve body awareness, and decrease the risk of falls. Another goal of the class is to teach exercises that can be performed independently, giving residents further opportunity to improve.

Dynamic Balance (Level 2-3)

This class is for individuals who are ready for a more challenging balance class. All exercises will be performed standing. Different surfaces will be incorporated.

Campus Walk

Many residents and staff members already enjoy strolling The Forest Campus. The American Heart Association says that the benefits of walking for at least 30 minutes a day can reduce your risk of coronary heart disease, improve blood pressure, and blood sugar levels. Sheri will meet the group at the Main Entrance and lead them on a circuit of the grounds. If you can't join the group for the entire

walk, you are welcome to reenter the building when needed. Walks will be scheduled as weather permits.

Cardio & Strength Conditioning (Level 3)

This is an energetic class that offers a 25 minute choreographed, low-impact aerobic workout followed by a strength conditioning segment using free weights and resistance bands. It is a standing class that is conducted at a music pace perfect for senior participation. This exercise program focuses on movement balance, repetition and change. Gentle overall body stretch completes the class and gets you ready to get on with your day!

Cardio/Strength Circuit (Level 3)

Cardio/Strength Circuit is a great mixture of cardiovascular exercises and resistance training. A variety of "stations" will be set up for timed intervals using minimal equipment. All exercises can be modified to meet your fitness and ability level. This program will allow you to get a well-balanced work-out in a fun format!

Functional Fitness (Level 2)

Don't let the class name fool you! Sit-to-stands for leg strength and standing exercises behind the chair are part of the class routine. Stretch bands and hand weights are used to strengthen arms, legs and core. This program provides enjoyable music that is easy to follow and allows for successful participation by people with varied functional levels. The bottom line is improved performance in your daily activities.

Functional Fitness (Level 1)

This seated class focuses on maintaining and improving your strength, flexibility and endurance. Participants are able to vary the program by using different weight levels to meet their specific needs. No standing is incorporated. Hand weights, balls, stretch bands, balance activities, games and enjoyable music are integrated into the program.

Group Swim Lessons (Beginner)

Have you always wanted to learn to swim or maybe just never got the hang of it? This beginner class will teach floating, breath control and stroke basics. No prior experience necessary and all comfort levels welcome. \$40 for 4 sessions (3 student minimum, 4 student maximum)

Group Swim Lessons (Intermediate)

Do you feel comfortable in the water, but want to learn or refine various swim strokes? This class will help you develop better technique in the 4 competitive strokes as well as side stroke. \$40 for 4 sessions (3 student minimum, 4 student maximum)

Hydro Blast (Level 3)

Hydro Blast Level 3 is geared to push your limits! It is the highest level water exercise class which starts with a cardio segment, water weights, noodle work and finishes with a cool down stretch and leg exercises.

Hydro Circuit (Level 3)

This is a high intensity, high calorie burning aquatic strength training class designed for the individual wanting to increase strength, cardiovascular endurance, and overall stamina. The class is set up in a station format with participants quickly moving from station to station working a different muscle group while keeping the individual's heart rate up.

Mind and Body Drumming (Level 2 and 3)

This class uses the basics of drumming to improve cognitive skills, coordination and cardiovascular fitness. Grab a set of drum sticks and be prepared to have fun while getting your heart rate up! Find your inner-Rock Star!

Personal Training, Coaching & Swim Lessons (All)

If you would like to work with a Certified Personal Trainer 1:1 on any Fitness, Swim or Rehab goals, please contact Sheri Sampson to schedule an appointment: 919-419-4017. Various days and times are available. \$40 for 1 hour session, \$25 for 30 minute session

Supervised Training (All Levels)

Once you have participated in the Fitness Center Orientation, the Fitness Team will help you with your exercise routine during these supervised training sessions, assisting you with the equipment, giving you motivation to get through your workout, and being available to answer any questions or to help you with your fitness gains.

Tai Chi (Level 2-Level 3)

This T'ai Chi class will include warm-ups to open up the joints, Qigong (energy and breath work), walking exercises, and the Wu/Hao Style of T'ai Chi in which to practice the principles of structure and balance. The practice of T'ai Chi has been reported to lower blood pressure, relieve stress, increase balance and flexibility, and improve many other health conditions. Come join us as we explore this ancient art form.

Therapeutic Aquatics (All Levels)

This class is perfect not only for people with arthritis, but also anyone who would like to reduce pain levels, improve joint function and increase muscle strength- all in a friendly and supportive environment that encourages social interaction.

Yoga(Level 2)

Take a mini-vacation from all of your cares! The class emphasizes flexibility, range of motion, strength-building, balance and breath work. The main goal of the class is to relieve stress and alleviate any chronic pain/discomfort along with gaining total relaxation. The class is designed for individuals who desire a gentle but deeper, more focused stretching of all major muscle areas to help relax both the mind and body. Participants will be seated in a chair or standing with chair assistance.

Yoga (Level 3)

This is a more traditional yoga class. The class emphasizes flexibility, range of motion, strength-building, balance and breath work. The main goal of the class is to relieve stress and alleviate any chronic pain/discomfort along with gaining total relaxation. Participants will be standing or on the floor for matt work.