

INSPIRE

...to be the best **YOU!**

AQUATICS (Aquatics Center)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:45am	Tidewater Aerobics (advanced)	Tidewater Aerobics (advanced)	Saltwater Circuit (advanced)	Tidewater Aerobics (advanced)	Tidewater Aerobics (advanced)
10:00 - 10:45am	Supervised Swim (all residents)	<u>3:00 - 3:45pm</u> Headwater Aerobics (beginner)	Supervised Swim (all residents)	<u>3:00 - 3:45pm</u> Headwater Aerobics (beginner)	Supervised Swim (all residents)

GROUP EXERCISE

(Wellness Studio & Fitness Center)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45am	Cardio & Strength Conditioning (advanced)	Beat Today (pre-approval)	Cardio & Strength Conditioning (advanced)	Beat Today (pre-approval)	Cardio & Strength Conditioning (advanced)
10:00 - 10:45am	Yoga (all residents)	Tai Chi (beginner)	Autumn Hall Community Bike Ride (all residents)	Yoga (beginner)	Tai Chi (all residents)
11:00 - 11:45am	Functional Fitness (beginner)	Tai Chi (advanced)	Functional Fitness (beginner)	Yoga (advanced)	Functional Fitness (beginner)
2:00 - 2:45pm	Personalized Assessments, Exercise Plans & Orientations (1:00 - 4:00pm by appointment)	Meditation (all residents)	<u>3:00 - 3:45pm</u> Carolina Cruisers Walking Club (advanced)	Meditation (all residents)	Personalized Assessments, Exercise Plans & Orientations (1:00 - 4:00pm by appointment)

Beginner: Low-moderate intensity; seated class with some standing (except in pool)	Advanced: Moderate-high Intensity; mostly standing and on exercise mats (except in pool)	All: Appropriate for all resident fitness levels and abilities
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Inspirational
Nutritional
Spiritual
Personal
Integrative
Rehabilitative
Educational

To begin participating, call **INSPIRE** Program & Wellness Director,
Nate Futrell at 769-7511 to schedule your
INSPIRE ASSESSMENT & ORIENTATION today!