INSPIRE

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

**AQUATICS**

(Aquatic 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) | 3:00 - 3:45pm  **Headwater Aerobics**  (beginner) | **Supervised Swim**  (all residents) | 3:00 - 3:45pm **Headwater Aerobics**  (beginner) | **Supervised Swim**  (all residents) |

**GROUP EXERCISE**

(Wellness Studio & Fitness Center)

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| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **9:00 -**  **9:45am** | **Circuit Training**  (advanced) | **Beat Today**  (pre-approval) | **Cardio & Strength Conditioning**  (advanced) | **Beat Today**  (pre-approval) | **Circuit Training**  (advanced) |
| **10:00 -10:45am** | **Yoga**  (beginner) | **Bay Balance**  (advanced) | **Yoga**  (advanced) | **Bay Balance**  (advanced) | **Yoga**  (all residents) |
|  |  |
| **11:00 -**  **11:45am** | **Functional Fitness**  (beginner) | C:\Users\NFutrell\Desktop\download.png | **Functional Fitness**  (beginner) | C:\Users\NFutrell\Desktop\download.png | **Functional Fitness**  (beginner) |
| **1:00 -**  **1:45pm** | 1:30 – 2:00pm  **Golf Training** | **Personalized Assessments, Exercise Plans**  **& Orientations**  (by appointment) | **Personalized Assessments, Exercise Plans**  **& Orientations**  (by appointment) | **Personalized Assessments, Exercise Plans & Orientations**  (by appointment) | 1:30 – 2:00pm  **Golf Training** |
| **2:00 -**  **2:45pm** | **Guided Meditation**  (all residents) | **Bay Balance**  (beginner) | 3:00 – 3:45pm  **Carolina Cruisers Walking Club**  (advanced) | **Bay Balance**  (beginner) | **Guided Meditation**  (all residents) |



**I**nspirational

**N**utritional

**S**piritual

**P**ersonal

**I**ntegrative

**R**ehabilitative

**E**ducational

**To begin participating, call INSPIRE Wellness Program Director,**

**Nate Futrell at 769-7511 to schedule your**

**INSPIRE ASSESSMENT & ORIENTATION today!**