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!**