

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)	<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	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)	 CAROLINA BAY	Functional Fitness (beginner)	 CAROLINA BAY	Functional Fitness (beginner)
1:00 - 1:45pm	<u>1:30 - 2:00pm</u> Golf Training	Personalized Assessments, Exercise Plans & Research (by appointment)	Personalized Assessments, Exercise Plans & Research (by appointment)	Personalized Assessments, Exercise Plans & Research (by appointment)	<u>1:30 - 2:00pm</u> Golf Training
2:00 - 2:45pm	Guided Meditation (all residents)	Bay Balance (beginner)	<u>3:00 - 3:45pm</u> Carolina Cruisers Walking Club (advanced)	Bay Balance (beginner)	Guided Meditation (all residents)

Inspirational

Nutritional

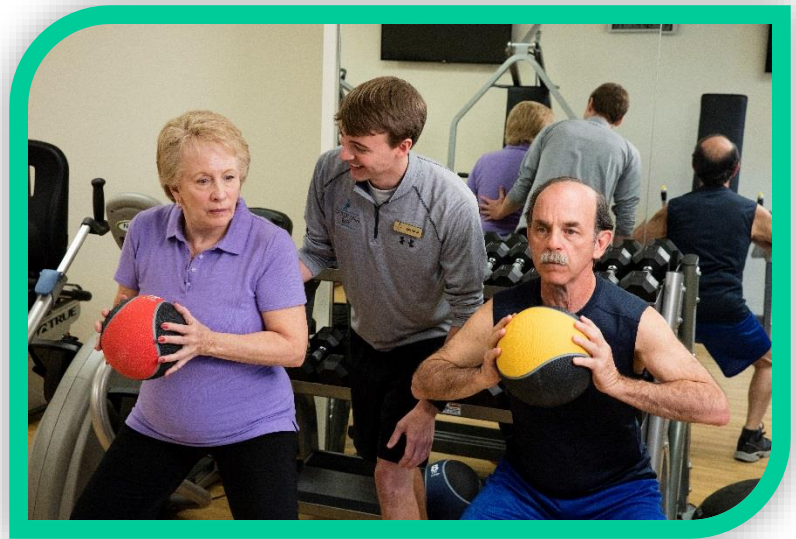
Spiritual

Personal

Integrative

Rehabilitative

Educational



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