Exercise Schedule

(Additions a	are high	lighted [*]
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Tuesday	Modeocdov	Thursday	Friday
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_			Building Functional
•		•	Strength & Balance
8:15-9:00am		8:15-9:00am	7:30-8:15am
	Building Functional		Building Functional
	Strength & Balance		Strength & Balance
	8:30-9:15am		8:30-9:15am
PACE		PACE	
People with Arthritis can		People with Arthritis can	
Exercise		Exercise	
9:15-10:00am		9:15-10:00am	
Darlington House	Anthony House Swim	Darlington House	Anthony House
Exercise	8:00am	Exercise	
10:30am-11:15am	-	10:30am-11:15am	North/ East
	-		10:15-11:00am
	-		
	-		Central
	11:00am		10:45am-11:30am
Parkinsons MOVE	Darlington House Swim		Beginner Functional
1:00-1:45pm	1:00pm		Strength & Balance
<u> </u>	<u>-</u>		1:30pm-2:15pm
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	3:00pm		
Mindful Movement	Beginner Functional	Mindful Movement	
Anthony house North	Strength & Balance	Anthony house North	
	_		
	People with Arthritis can Exercise 9:15-10:00am Darlington House Exercise 10:30am-11:15am Parkinsons MOVE 1:00-1:45pm Mindful Movement	Building CORE strength & Flexibility 8:15-9:00am PACE People with Arthritis can Exercise 9:15-10:00am Darlington House Exercise 10:30am-11:15am Parkinsons MOVE 1:00-1:45pm Mindful Movement Anthony house North (Independent living, Darlington and Anthony residents are welcome) Building Functional Strength & Balance 7:30-8:15am Building Functional Strength & Balance 3:00pm 3:00pm Beginner Functional Strength & Balance 3:00pm-3:45pm	Building CORE strength & Flexibility 8:15-9:00am PACE People with Arthritis can Exercise 9:15-10:00am Darlington House Exercise 10:30am-11:15am Parkinsons MOVE 1:00-1:45pm Mindful Movement Anthony house North (Independent living, Darlington and Anthony residents are welcome) Mindful Movement (Independent living, Darlington and Anthony residents are welcome) Building Functional Strength & Balance 7:30-8:15am Building Functional Strength & Flexibility 8:15-9:00am PACE People with Arthritis can Exercise 9:15-10:00am Parkinson House Swim 1:00am 1:00am Darlington House Swim 1:00pm Mindful Movement Anthony house North (Independent living, Darlington and Anthony residents are welcome)

Exercise Schedule (Additions are highlighted)

	Monday	Tuesday	Wednesday	Thursday	Friday
			Anthony Swim		
			8:00-11:00am		
	Open Swim 12:30-1:05pm	Open Swim 12:30-1:05pm		Open Swim 12:30-1:05pm	Open Swim 12:30-1:05pm
•	Water Volleyball 1:15-2:00pm	Water Volleyball 1:15-2:00pm	AH/DH Swim 1:00-3:00pm	Water Volleyball 1:15-2:00pm	Water Volleyball 1:15-2:00pm
	Low Intensity walking 2:15-3:00pm	High intensity Water 2:15-3:00pm		High intensity Water 2:15-3:00pm	Low Intensity walking 2:15-3:00pm
	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm	Open Swim 3:00-4:00pm