

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	2 10:00 Tai Chi	3 1:00 Seated Dance	4 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	5 9:30 Cardio Drum 10:30 Seated Yoga	6
7	8 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	9 Open Gym	10 1:00 Seated Dance	11 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	12 9:30 Cardio Drum 10:30 Seated Yoga	13
14	15 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	16 10:00 Tai Chi	17 1:00 Seated Dance	18 Open Gym	19 Open Gym	20
21	22 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	23 10:00 Tai Chi	24 1:00 Seated Dance	25 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	26 9:30 Cardio Drum 10:30 Seated Yoga	27
28	29 9:30 Full Body 10:00 S t r e t c h 10:30 Balance	30 10:00 Tai Chi		<h1 style="color: #00AEEF;">Fitness Calendar</h1> <h1 style="font-family: cursive;">April 2024</h1>		



Fitness Class Descriptions

Full Body – This class can help alleviate the aches and pains of the aging body from head to toe. Leveraging multiple training types and methods, the content of class will change weekly to include a variety of movements from stretching, aerobics, strength, and balance.

Class duration: 30 minutes.

Stretch – loosen muscles in a Tai Chi style flow-movement. Work out your aches, pains, and strengthen your balance all in one!

Class duration: 15-20 minutes.

Balance – Seated and some standing (behind a chair) full body exercises to help increase muscle strength, balance, stability and fall prevention. Resting between movements included in class time.

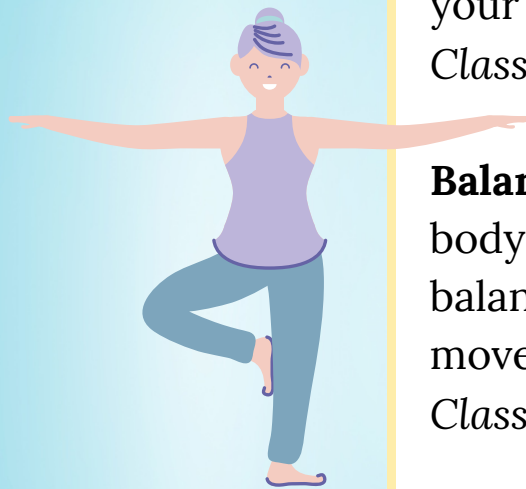
Class duration: 30 minutes.

Seated Dance – Elevate your heart rate and work up a little sweat to lively music. If you enjoy Seated Full Body and would like a little more from your workout, this class is for you!

Class duration: 30 minutes. Instructor: Diane.

Cardio Drumming – How it works: a large exercise ball resting in a bucket sits in front of you seated in a chair. Grab a drumstick in each hand, feel the beat of lively music and follow the instructor to move your body and maintain a healthy heart. No prior “drumming” experience required.

Class duration: 30 minutes. Seated or standing.



REGENCY FITNESS CALENDAR

April 2024



All Fitness classes take place in the Lodge Fitness Center on the 2nd floor. Except for Wednesday Seated Dance, which takes place in the Lodge Lower Atrium.



TAI CHI

Join Occupational Therapist Mary Van Derven for

Tuesday Tai Chi

Movements adjusted for abilities.

Duration: 30-45 minutes.



Technology Talk Identity Theft: Protect & Prevent

Join Bennet (Ben) Merens from the Wisconsin Bureau of Trade & Consumer Protection for a presentation about identity theft and how to prevent and protect yourself.



Monday, April 8th
1:00 pm - 2:00 pm
The Lower Atrium