

**KEY:**

**FFC - Fieldpointe Fitness Center**

**RC - Regent's Club**

**SC - Sunrise Center**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="text-align: center;">Fitness Calendar</h1> <h2 style="text-align: center;">June 2024</h2>						<p><b>1</b></p> <p>9:00 am - 11:00 am WALK TRIP Waukesha Farmers Market</p>
<b>2</b>	<p><b>3</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>4</b></p> <p>9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC)</p>	<p><b>5</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 11:00 Exercise 2 (FFC) 11:00 Fall Prevention (SC) 1:00 Fall Prevention (FFC) 1:00 Tai Chi (SC)</p>	<p><b>6</b></p> <p>9:30 Gentle Yoga (FFC) 10:30 Strong Bodies™ (SC) <b>11:00 NO CLASS (RC)</b> 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)</p>	<p><b>7</b></p> <p>9:00 Strength (FFC) <b>11:00 NO CLASS (FFC)</b> 11:00 Seated Exercise (SC)</p>	<b>8</b>
<b>9</b>	<p><b>10</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>11</b></p> <p>ZOO DAY  No Classes</p>	<p><b>12</b></p> <p>9:00 NO CLASS (FFC) <b>9:45 Gentle Movement (RC)</b> 11:00 NO CLASS (FFC) 11:00 Fall Prevention (SC) 1:00 NO CLASS (FFC) 1:00 Tai Chi (SC) <b>3:00 Light Exercise (Snookers)</b></p>	<p><b>13</b></p> <p>9:30 Gentle Yoga (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)</p>	<p><b>14</b></p> <p>9:00 Strength (FFC) 11:00 S T R E T C H (FFC) 11:00 Seated Exercise (SC) <b>2:00 Balanced Snacks (SC)</b></p>	<b>15</b>
<b>16</b>	<p><b>17</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Fall Prevention (FFC)</p>	<p><b>18</b></p> <p>9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) <b>1:00 NO CLASS (SC)</b> Resident Advisory</p>	<p><b>19</b></p> <p>9:00 Strength (FFC) <b>9:45 NO CLASS (RC)</b> <b>10:30 Pickleball &amp; Lunch</b>  <b>11:00 NO CLASS (FFC)</b> <b>11:00 NO CLASS (SC)</b> 1:00 Fall Prevention (FFC)</p>	<p><b>20</b></p> <p>9:30 Gentle Yoga (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)</p>	<p><b>21</b></p> <p>9:00 Strength (FFC) <b>10:30 Lunch &amp; Learn (RC)</b> <b>11:00 NO CLASS (FFC)</b> <b>11:00 NO CLASS (SC)</b></p> 	<b>22</b>
<b>23</b>	<p><b>24</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 10:30 Strong Bodies™ (SC) <b>11:00 NO CLASS (FFC)</b> <b>11:00 Safe Online Shop (RC)</b> 1:00 Fall Prevention (FFC) <b>2:00 Hydration Station (SC)</b></p> 	<p><b>25</b></p> <p>9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC) 3:00 Dance with Rosita (FFC)</p>	<p><b>26</b></p> <p>9:00 Strength (FFC) <b>9:45 Gentle Movement (RC)</b> 11:00 Exercise 2 (FFC) 11:00 Fall Prevention (SC) <b>1:00 NO CLASS (FFC)</b> 1:00 Tai Chi (SC)</p>	<p><b>27</b></p> <p><b>9:30 NO Yoga CLASS</b> 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)</p>	<p><b>28</b></p> <p>9:00 Strength (FFC) <b>11:00 H-D Ride Prep STRETCH (FFC)</b> <b>11:00 H-D Ride Prep STRETCH (SC)</b></p>	<p><b>29</b></p> <p><b>8:00 Harley-Davidson Pre-Ride STRETCH (RC)</b></p> 

## FIELDPOINTE & REGENT'S CLUB EXERCISE CLASSES

1. **LUNCH & LEARN** - Friday, June 21st, 10:30 am, Regent's Club. Topic: Oral Care and the Aging Mouth. Riverwalk Dentistry is here to discuss the aging mouth, (with or without teeth) and tips to help caregivers. All locations invited!
2. **CONSUMER PROTECTION SPEAKER** - Monday, June 24th, 11:00 am, Regents Club. The Wisconsin Bureau is here to discuss Safe Online Shopping.
3. **GENTLE MOVEMENT (Regent's Club)** - Slow controlled exercise for those with restricted movement to help alleviate the aches and pains of the aging body. (30 mins.) Exertion level = 0.
4. **YOGA - Is back with Cari Terry!** This class will be on the floor/mat. Mitigate stress in the mind and body. Wind down with a meditation segment. Bring a mat if you have one. (60 mins.) Exertion level = 2.
5. **STANDING CARDIO** - A video led class showcasing cardio routines. Levels for faster or slower pace included. (30 mins.) Exertion level = 2 & 3.
6. **EXERCISE 1 (Regent's Club)** - Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.
7. **EXERCISE 2** - Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.
8. **FALL PREVENTION** - (Formerly Balance) Seated or standing full body exercises to help increase muscle strength, balance and stability to help lessen fall risk. Resting between movements is included. (30 mins.) Exertion level = 1 & 2.
9. **STRENGTH TRAINING** - Similar to the StrongBodies program, this class is a structured, safe, and effective strength-training program targeting the entire body developed by Brooke for adults of any age. (60 mins.) Exertion level = 2 & 3.
10. **CARDIO DRUMMING** - Seated or standing! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardio output, and burn calories. No prior experience required. (30 mins.) Exertion level = All.
11. **STRETCH** - Get limbered up for the weekend! Stretch the entire body! (30 mins.) Exertion level = 0 & 1.
12. **WALKING CHALLENGE!** - Track steps for June - August. Tracking sheets available in the FFC or Welcome Centers. Want to get in some extra steps outside? Join Brooke on her walking trip in June! Saturday, June 1st head to the Waukesha Farmers Market for some morning shopping and walking outside in the fresh air!

Questions or to register call Brooke: (262) 330-5162

## SUNRISE CENTER EXERCISE CLASSES

1. **HYDRATION STATION** - Monday, June 24th, 2:00 pm, Sunrise Center. Come learn about hydration needs as you age!
2. **BALANCED SNACKS** - Friday, June 14th, 2:00 pm, Sunrise Center. Come try a tasty snack for a midday energy boost!
3. **HARLEY-DAVIDSON STRETCH** - Stretch your entire body before the ride for easier transition on and off the bike! (30 minutes) Exertion level = 1, Friday, June 28th, 11:00 am & Saturday, June 29th, 8:00 - 9:00 am.
4. **TAI CHI** - Slow, gentle movements, focusing on posture with controlled breathing. (30 minutes) Exertion level = 0 & 1, Wednesday, June 5th, 12th, & 26th, 1:00 pm.
5. **WALKING CLUB** - Meet in the Sunrise Center for a walk around the building to strengthen your legs and boost your mood! (30 minutes) Exertion level = 1, Thursday 1:00 pm.
6. **FALL PREVENTION** - Seated and standing full body exercises to help increase muscle strength, balance, and independence. (30 minutes) Exertion level = 1, Wednesday 11:00 am.
7. **SEATED EXERCISE** - Energize with a full body workout to increase blood flow and cardio output! (30 minutes) Exertion level = 1, Friday 11:00 am.
8. **StrongBodies™ STRENGTH TRAINING** - Structured, safe, and effective evidence-based strength-training program brought to you through the UW-Madison Extension with recovery/rest time included. *Registration required.* See MacKenzie prior to class start. (60 minutes) Exertion level = 1, Monday & Thursday 10:30 am.
9. **CARDIO DRUMMING** - Seated class combining cardio exercise and drumming to lively music. No experience required! (30 minutes) Exertion level = 1, Tuesday 11:00 am.
10. **STRETCH** - Feeling run down? Relax, limber up, and reduce pain with gentle movement. (30 minutes) Exertion level = 0 & 1, Tuesday 1:00 pm.

Questions or to register call MacKenzie: (262) 330-5162