

Fitness & Recreation Complex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Walking (Pool) @ 7:15am	Water Walking (Pool) @ 7:15am	Water Walking (Pool) @ 7:15am	Water Walking (Pool) @ 7:15am	Water Walking (Pool) @ 7:15am	Water Walking (Pool) @ 7:15am
Water Aerobics with CD (Pool) 8am	Water Aerobics with CD (Pool) 8am	Water Aerobics with CD (Pool) @ 8am	Water Aerobics with CD (Pool) 8am	Water Aerobics with CD (Pool) @ 8am	
Lane Separator is added to the pool at this time					
Water Yoga (Pool) @ 8:45am	Senior Strength (Fitness Room) @ 8am	Water Yoga (Pool) @ 8:45am	Senior Strength (Fitness Room) @ 8am	Water Yoga (Pool) @ 8:45am	
Zoom Agua! 9:15	Ai Chi {pool} 8:45	Zoom Agua! 9:15	Open Water, Open Swim 8:45-11	Zoom Agua! 9:15	
		Ai Chi {pool} 9:45			
Ai Chi {pool} 9:45	Water Volleyball (Pool) @ 9:15am	Synchronized Swimming @ 10:00am		Ai Chi {pool} 9:45	Water Volleyball @ 9:15am
Chair Exercise {Gathering Rm} 9:30-10	Chair Exercise {Gathering Rm} 9:30-10	Chair Exercise {Gathering Rm} 9:30-10	Chair Exercise {Gathering Rm} 9:30-10	Chair Exercise {Gathering Rm} 9:30-10	Chair Exercise {Gathering Rm} 10-10:30
Joyful Joints (Fitness Room) @ 10:30am		Joyful Joints (Fitness Room) @ 10:30am		Joyful Joints (Fitness Room) @ 11am	
Beginners Yoga (Fitness Room) @ 11am	Balance Class (Bistro Room) @ 1:30pm	Beginners Yoga (Fitness Room) @ 11am	Balance Class (Bistro) @ 1:30pm	Healthy Hands (Fitness Room) @ 1pm	
Line Dancing (Bistro Room) @ 12:30pm		Line Dancing (Bistro Room) @ 12:30pm		Drumming (Club Rm) @ 4pm	
Healthy Hands (Fitness Room) @ 1pm		Healthy Hands (Fitness Room) @ 1pm			



MERIDIAN VILLAGE
LUTHERAN SENIOR SERVICES

September



Open **Swim** and **Gym** Are During Non-Class Times

Meridian Village

Fitness & Recreation Complex

- **Water Yoga** works all the important balancing muscles to make you stronger on land, all in a gentle, supportive environment that cushions your joints and helps balance your body!
- **Senior Strength** is a class that focuses on building total body strength which will improve posture, balance and muscle tone
- **Zoom-Agua!** A fun aerobic class with water to cushion and add resistance and balance!
- **Ai Chi:** strengthening and relaxation in the water
- **Joyful Joints** is an exercise class with focus on: alleviating pain, increasing range of motion, and improving activities of daily living
- **Beginners Yoga:** A restful, calming class including breathing, gentle flowing movements, passive and supported poses. A perfect beginning yoga class! **NEW!**
- **Line Dancing** is a choreographed pattern of steps to music without partners
- **Synchronized Swimming** Mary teaches some of the "surface tricks" as seen in the Olympics.
- **Balance Class** helps reduce falls by improving leg and core strength
- **Drumming Class** work on your rhythm while you get a nice arm, leg, and core workout!