




The EverFit Club


Weekly Fitness Schedule

IL/Independent Living, AL/Assisted Living, Lodge/Memory Care


Monday


9:00-9:30 
Strength, Cardio & Stretch
– Aerobics Studio – IL/AL

9:30-10:00 
Tai Chi – Aerobics
Studio – IL/AL

10:30-11:30 
AquAerobics – Pool –
IL/AL

11:30-12:30 
Weight Room Orientation
– EverFit Lobby – IL/AL

1:30-2:30 
AquAerobics – Pool –
IL/AL

2:30-3:30 
Water Walking – Pool –
IL/AL/Lodge





Tuesday


9:00-9:45 
Balance Class– Aerobics
Studio – IL/AL


9:00-10:00 
Strength Training Circuit
w/ Chris – EverFit Club

10:00-10:45 **Wii**
Wii Balance Board Class
– EverFit Club – IL/AL


11:00-11:30 
Strength & Stretch –
Aerobics Studio – Lodge


1:00-1:45 
Chair Volley Ball –
Aerobic Studio – IL/AL


2:00-3:00 
AquAerobics – Pool – IL/
AL


3:00-4:00 
Water Walking – Pool –
IL/AL/Lodge


Wednesday

9:00-9:30 
Strength & Stretch –
Aerobics Studio – IL/AL

9:30-10:00 
Tai Chi – Aerobics Studio
– IL/AL

10:30-11:30 
AquAerobics – Pool –
IL/AL


1:30-2:30 
AquAerobics – Pool –
IL/AL

2:30-3:30 
Water Walking – Pool –
IL/AL/Lodge




Thursday


9:00-9:45 
Balance Class– Aerobics
Studio – IL/AL


9:00-10:00 
Strength Training Circuit
w/ Winston – EverFit Club

10:00-10:45 **Wii**
Wii Balance Board Class
– EverFit Club – IL/AL


11:00-11:30 
Strength & Stretch –
Aerobics Studio – Lodge


1:00-1:45 
Walking Group – EverFit
Lobby – IL/AL


2:00-3:00 
AquAerobics – Pool – IL/
AL


3:00-4:00 
Water Walking – Pool –
IL/AL/Lodge

Friday


9:00-9:30 
Strength & Stretch –
Aerobics Studio – IL/AL

10:30-11:30 
AquAerobics – Pool – IL/
AL

11:30-12:30 
Water Walking – Pool –
IL/AL/Lodge

2:30-3:30 
Yoga Therapy – Aerobic
Studio – IL/AL

Saturday

10:30-11:30 
AquAerobics w/ Heather –
Pool – IL/AL

