





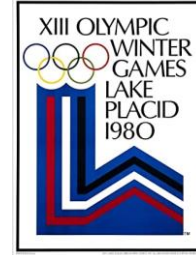





INSPIRE

September 2021 Wellness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WELLNESS NEWS
<p>GER – Group Exercise Room FC - Fitness Center P – Pool HH – Heater Hall</p> <p>Level 1 Beginning Intensity Level 2 Moderate Intensity Level 3 High Intensity</p>	<p>9:30-10:00 – Water Workout, P 1-3</p> <p>10:30-11:30 Orientations/Assessments</p> <p>11:00-11:45 Seated Strength Training w/Ben GER-1</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:00 - 2:30 Balance (Advanced) GER 3</p> <p>2:45 - 3:15 – Balance (Beginner) GER 1-2</p> <p>3:30 – 4:00 Ping Pong, GER, 1-3</p>	<p>8:00 – Noon Free Swim, P-1-3 (Swim Buddy Required)</p> <p>10:30 – 11:00 – Strength Training w/Kathy I GER-2-3</p> <p>11:15 – 11:45 – Strength Training w/Kathy II GER-1</p> <p>1:30- 2:00 Tai Chi GER 1-3 2:15- 2:45 Tai Chi GER 1-3</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:00-2:30 – Parkinson’s Power GER 1-3</p> <p>3:00 – 4:00 Orientations/Assessments</p>	<p>9:30-10:00 – Water Workout, P 1-3</p> <p>10:30-11:00 – TRX Orientation GER-2-3</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>11:00 – 11:45 – Chair Yoga GER 1-3</p> <p>2:00-2:30 – Tai Chi Resident Led Practice GER</p>	<p>8:00 AM – Noon Free Swim P-1-3 (Swim Buddy Required)</p> <p>10:30 – 11:00 – Strength Training w/Kathy I GER-2-3</p> <p>11:15 – 11:45 – Strength Training w/Kathy II GER-1</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:00 – 2:45 – Brain Fitness GER 1-3</p> <p>3:00 – 4:00 Orientations/Assessments</p>	<p>9:30-10:00 – Water Workout, P 1-3 (Swim Buddy Required)</p> <p>10:30-11:30 Orientations/Assessments</p> <p>10:00-10:45 - Seated Stength Training w/Ben GER-2-3</p> <p>11:00-11:45 – Chair Yoga GER 1-3</p> <p>2:00-2:30 – Parkinson’s Power FC 1-3</p> <p>3:00-4:00 Ping Pong GER, 1-3</p> <p>3:00 – 4:00 Orientations/Assessments</p>	<p>Let The GAMES Begin</p> <p>The Templeton of Cary First Annual Senior Olympics</p> <p>Week of September 27th</p> 
<p><u>Schedule Changes</u></p> <p>All Wellness Classes are Canceled Labor Day, Monday, September 6th</p> <p>All Wellness Classes are Canceled the Week of Olympics - September 27th – October 1st</p>	  <p>Blue Team Captain Ellie Leadbetter</p> <p>Yellow Team Captain Rex Hoppa</p>	<p><u>Monday, Sept. 27th – 11:00</u> Opening Ceremonies followed by Olympian Pasta Luncheon</p>  <p><u>Friday, Oct. 1st – 2:30</u> Olympic Conclusion Cocktail Party & Awards Ceremony</p>		<p>September 23rd 10:30 – 11:30 Special Strength Training w/Kathy (1 class that day)</p>  <p>Practice for Opening Ceremony Meet at Front Entrance Bring Water</p>	<p>Vintage Olympic Poster Display Week of September 27th Lobby Sitting Area</p>  <p>Donated by former Olympian Jeff Howser</p>	<p>Ping Pong Clinic Monday, September 13th 10:00 AM GER</p> <p>Instructed by Tim Connolly</p>  <p>(sign up in Wellness Book)</p>



I N S P I R E

Inspirational • Nutritional • Spiritual • Personal • Integrative • Rehabilitative • Educational Wellness Class Description

Wellness Classes give you something solitary workouts do not, built-in motivation and instructor-led routines to make fitness fun. At The Templeton of Cary we offer the following classes:

Body Balance: (Advanced & Beginner) A dynamic balance class where residents walk in certain ways to promote better balance, walk through obstacle courses and agility ladder. Led by Kathy

Brain Fitness: Join us for 45 minutes of fun trivia which is guaranteed to exercise your brain! Led by Kathy

Chair Yoga: Whether you need a safe introduction to yoga or you seek a way to successfully reconnect to yoga, this mind-body class uses breath practice as well as posture to improve flexibility, balance, strength and relaxation, tapping into the ever-present mind body connection. Led by: Priya Amaresh

Parkinson's Power: This Parkinson's specific skill training class helps to maintain or restore skills that deteriorate and interfere with everyday movements. Designed to help residents with Parkinson's get better and stay better with exercise. Led by Kathy, Parkinson's Wellness Recovery certified instructor

Strength Training with Kathy: This is the total body workout that you are looking for! This class focuses on building up your strength, flexibility and power by combining exercises using weights, bands and small balls to strengthen all major muscles of the body. Led by Kathy

Seated Strength Training with Ben: A classroom type workout where residents remain seated and can expect to use a variety of different equipment which will build strength and flexibility. Led by Bella Allen

Tai Chi: Gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It is sometimes described as meditation in motion. Led by James Elliott

Tai Chi Resident Led Practice: An opportunity for residents to get together in the Group Exercise Room and practice their Tai Chi movements. Led by Resident John Kelsey

Walk This Way: If your mantra is "oh my aching knees or back or hips," this class is for you. Walk to music with a steady pace to the far end and back. Unsupervised class, swim buddy required

Water Workout: An energetic, moderate intensity water class that combines cardio, strength and flexibility exercises. Led by Kathy

Wellness Assessment/Reassessment, Individual Exercise Plans, Equipment Orientation – Call Kathy, Wellness Director to schedule an appointment. 984-465-0767 Email: katlawrence@libertyseniorliving.com