








































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:55 am Senior Circuit 	9:15-9:40 am Top Half Toning 	9:15-9:55 am Senior Circuit 	9:15-9:40 am Top Half Toning 	9:15-9:55 am Senior Circuit 	
	9:45-10:15 am Balance and Tai Chi 		9:45-10:15 am Balance and Tai Chi 		9:45-10:15 am General Conditioning (Villas) 
10:00-10:30 am C.L.I.M.B. 		10:00-10:30 am C.L.I.M.B. 		10:00-10:30 am C.L.I.M.B. 	
	10:30-11:00 am General Conditioning (Villas) 	10:30-11:00 am Chair 10/10/10 	10:30-11:00 am Yoga Basics 	10:30-11:00 am Chair 10/10/10 	
10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 	10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 	10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 
1:30-2:00 pm Walking Group 	1:30-2:00 pm Fun & Games 	1:30-2:00 pm Walking Group 	1:30-2:00 pm Walking Group 	1:30-2:00 pm Fun & Games 	
3:00-4:00 pm Member Visits 	3:00-3:45 pm Wii Bowling (Villas) 	3:00-3:45 pm QuickWitz 	3:00-3:45 pm Wii Bowling (Villas) 		
				3:30-4:00 pm Brain Fitness (Villas) 	

Black = Wellness Center
Blue = Healthcare Neighborhood

CLASS ICONS KEY

 Flexibility Based	 Chair Based/ Low Intensity
 Moderate-to High-Intensity	 Informative
 Yoga/ Pilates	 Strength- Based
 Balance- Based	 Brain Fitness

DECEMBER SPECIAL EVENTS

Chocolate Mousse
Friday, December 8 at 1:00pm
Lighthouse Lounge. Please sign up in the Activity Book

CLASS DESCRIPTIONS

Balance and Tai Chi: Our static and dynamic balance exercises are combined with a safe, easy-to-learn program that is proven to relieve arthritis pain, improve health and reduce falls.

Brain Fitness: Come and join us for fun games and activities to exercise your brain. We meet in the Villas 3rd floor Activity Room.

Chair 10/10/10: This class includes 10 minutes of heart pumping cardiovascular training, 10 minutes of muscle strengthening and 10 minutes of flexibility and relaxation, ALL IN THE CHAIR!

C.L.I.M.B.: Confidence. Longevity. Independence. Mobility. Balance. This class focuses on lower body strengthening. Join our award-winning program!

Fun & Games: Come and join us for indoor/outdoor fun with games such as basketball, frisbee, bowling, ring toss, horseshoes, corn hole or putt-putt.

General Conditioning: Do you need to work on your endurance? Would you like to have more energy? Please join us in the 3rd floor Activity Room at the Villas for this class. We will be focusing on strength and balance. Beginners are welcome!

Jive & Glide: This is a low-intensity exercise class held in the Dining Room of the Retreat.

Member Visits: Marni will be visiting you soon.

Morning Warm Up: This is a low-intensity exercise class held in the Dining Room of The Retreat.

QuickWitz: What are you doing to stay sharp? It happens to all of us, we forget the name of an acquaintance, can't think of the word we are trying to use, or forget where we've parked our car. We laughingly refer to these episodes as "senior moments" but sometimes they are not really so funny. As we get older, they leave us wondering if we're losing our edge. Get sharp and stay sharp with QuickWitz; a one of a kind brain training program. We will meet in the Wellness Center.

Senior Circuit: This class will get your heart pumping, your muscles working, and your body in better shape. Come and join the fun!

Top Half Toning: We will use weights, resistance bands, balls and weighted bars for this upper body strength class.

Walking Group: Let's enjoy the fresh air and take a walk together. Meet at the Retreat.

Wii Bowling (Villas): Have you ever bowled without having to lift the ball? In this game you can, come and join the fun in the Villas first floor Living Room.

Yoga Basics: This class will focus on balance, mobility and stability. You will improve muscular flexibility, strength and endurance. You will also improve relaxation and concentration and well as overall health and well being. We will be using the mats on the floor.

Wellness Center
(904) 432-1190

THE TWELVE DAYS OF FITNESS

It's time for "The Twelve Days of Fitness"! The following activities will be incorporated into our classes weekdays from December 1st to December 18th. Try to incorporate as many of these as possible to your holiday "things to do" list!

- 1 - New wellness activity for you
- 2 - Bottles of water
- 3 - Abdominal exercises
- 4 - Balance exercises
- 5 - Lower body exercises
- 6 - Minutes of biking
- 7 - Minutes of stretching
- 8 - Upper body exercises
- 9 - Minutes of QuickWitz
- 10 - Minutes of walking
- 11 - Wall push ups
- 12 - Deep breaths



Spa & Salon
Call your concierge to find out about this month's specials and make an appointment!



The Osprey Village Wellness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life!


OSPREY VILLAGE
AT AMELIA ISLAND PLANTATION

December 2017
WELLNESS SCHEDULE