

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

<b>9:15-9:55 am</b> Senior Circuit 	<b>9:15-9:40 am</b> Yoga Stretch 	<b>9:15-9:55 am</b> Senior Circuit 	<b>9:15-9:40 am</b> Yoga Stretch 	<b>9:15-9:55 am</b> Senior Circuit 	
	<b>9:45-10:15 am</b> Balance and Tai Chi 		<b>9:45-10:15 am</b> Balance and Tai Chi 		<b>9:45-10:15 am</b> General Conditioning (Villas) 
<b>10:00-10:30 am</b> C.L.I.M.B. 		<b>10:00-10:30 am</b> C.L.I.M.B. 		<b>10:00-10:30 am</b> C.L.I.M.B. 	
	<b>10:30-11:00 am</b> General Conditioning (Villas) 	<b>10:30-11:00 am</b> Breathe Easy 	<b>10:30-11:00 am</b> General Conditioning (Villas) 	<b>10:30-11:00 am</b> Breathe Easy 	
<b>10:30-11:00 am</b> Jive & Glide 	<b>10:30-11:00 am</b> Morning Warm Up 	<b>10:30-11:00 am</b> Jive & Glide 	<b>10:30-11:00 am</b> Morning Warm Up 	<b>10:30-11:00 am</b> Jive & Glide 	<b>10:30-11:00 am</b> Morning Warm Up 
<b>1:30-2:00 pm</b> Walking Group 	<b>1:30-2:00 pm</b> Walking Group 	<b>1:30-2:00 pm</b> Walking Group 	<b>1:30-2:00 pm</b> Walking Group 	<b>1:30-2:00 pm</b> Fun & Games 	
<b>2:00-2:30 pm</b> Chair 10/10/10 		<b>2:00-2:30 pm</b> Chair 10/10/10 			
<b>3:00-3:30 pm</b> Jeopardy (Villas) 	<b>3:00-3:45 pm</b> Wii Bowling (Villas) 	<b>3:00-4:00 pm</b> Member Visits 	<b>3:00-3:45 pm</b> Wii Bowling (Villas) 	<b>3:30-4:00 pm</b> Brain Fitness (Villas) 	

**Black = Wellness Center**  
**Blue = Healthcare Neighborhood**

**CLASS ICONS KEY**

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

**JULY SPECIAL EVENT**  
 Thursday July 23 at 1:00pm  
*in the Lighthouse Lounge*  
**Red, White and Blue Parfaits**

## 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.

**Breathe Easy:** This class is designed to assist you with breathing more efficiently. Most exercises will be done seated in a chair. Come and improve your endurance!

**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, 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!

**Jeopardy:** We will meet in the first floor living room of the Villas. Trivia class based on the popular TV trivia show "Jeopardy!" – a great way to engage your mind and have fun!

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

**Member Visits:** Marni will be coming to visit with you soon.

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

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

**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 Stretch:** It's time to get rid of the pain and stiffness. This class will improve your breathing and increase your flexibility. All exercises can be done in a chair!

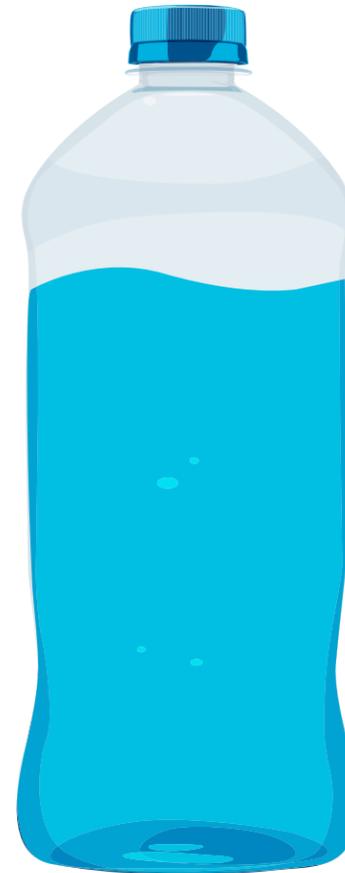
## Are you drinking enough water?

Remember in warmer weather our bodies need more water to keep us cool.

Our bodies are easily dehydrated and we cannot always rely on our thirst as a guide.

Over time, lack of water causes loss of muscle tone, excess weight gain, slow metabolism, increased toxicity, and even organ failure. Other negative effects include arthritis, dry skin, migraines, hypertension, digestive complications, and persistent constipation.

If you have any questions, please call MARNI at the Wellness Center, 432-1190.



*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®!*



*Spa & Salon*

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

  
OSPREY VILLAGE

**July 2015**  
**WELLNESS SCHEDULE**