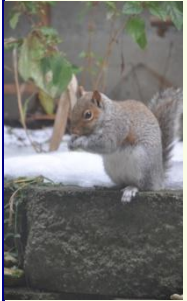


~ January 2016 Fitness Calendar~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No Classes Happy New Year!	2
3	4 9:00-Strength & Stretch 10:00-Chair Cardio 1:00-Aqua Strength	5 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance	6 9:00-Strength & Stretch 10:00-Chair Yoga 1:00-Aqua Strength	7 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance	8 9:00-Strength & Stretch 11:00-Wii Bowling 1:00-Aqua Strength 1:30-Ping Pong	9
10	11 9:00-Strength & Stretch 10:00-Chair Cardio 1:00-Aqua Strength 2:00-3:00- Resident Town Hall Mtg. with Michael Flaherty (WS)	12 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain (see back for details)	13 9:00-Strength & Stretch 10:00-Chair Yoga 1:00-Aqua Strength 3:00 National Rubber Duck Day Race. See back for details.	14 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain	15 9:00-Strength & Stretch 11:00-Wii Bowling 1:00-Aqua Strength 1:30-Ping Pong	16
17	18 9:00-Strength & Stretch 10:00-Chair Cardio 1:00-Aqua Strength	19 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain	20 9:00-Strength & Stretch 10:00-Chair Yoga 1:00-Aqua Strength 5:30-Evening X-Country Skiing at Gunstock. (see back for details)	21 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain	22 9:00-Strength & Stretch 11:00-Wii Bowling 1:00-Aqua Strength 1:30-Ping Pong	23 9:30-10:30 AM Aquatic Conditioning with Jeannine Beckett (see back for details)
24	25 9:00-Strength & Stretch 10:00-Chair Cardio 1:00-Aqua Strength	26 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain	27 9:00-Strength & Stretch 10:00-Chair Yoga 1:00-Aqua Strength 2:00-4:30 Bowling at Fun Spot-(see back for details)	28 9:00-Strength & Balance 10:00-Aqua Strength 11:00- 30 Min. Balance 5:15 -Yoga for Back Pain	29 9:00-Strength & Stretch 11:00-Wii Bowling 1:00-Aqua Strength 1:30-Ping Pong	

CLASS/ACTIVITY DESCRIPTIONS

Strength & Stretch; Strength & Balance - Strength exercises, balance and stretching, using hand weights, ankle weights and bands. (45 minutes)

Aqua Strength - Strength exercises and stretching done in shallow water. (45 minutes)

Chair Yoga - Gentle stretching done in a chair. Some standing poses involved, using chair as prop. (30 minutes)

30- Minute Balance - Exercises done in and around a chair. Good beginner level class for those who have a fear of falling or have fallen.

Chair Cardio - A seated aerobics class done to music. Ab work and stretching to follow in a seated position. (30 minutes)

National Rubber Duck Day Race - Pay \$1/duck (limit 5 per person) and see who wins the kitty. There will be 2 races and the winner splits the kitty with the Sunshine Fund. You have up to 5 chances of winning 50% of the kitty. Register by paying Chris \$1/duck. Open to employees and residents. Popcorn and punch provided.

Candlepin Bowling at Fun Spot - Bus will leave Woodside at 2:00 PM and will return around 4:30 PM. Register by calling JoAnn at 366-1262 as space is limited to 12 participants. Cost is \$3.75/string and shoe rental is free.

Beginner Yoga for Back Pain with Gayle Burns - (1/12-2/18) Taylor Community's very own RN and Reiki Master. Classes will take place on Tuesdays and Thursdays at 5:15pm, Woodside Fitness Center. Cost of the program is \$60 for employees.

6-Week Aquatic Conditioning Program - Saturdays (1/23-2/27, 9:30-10:30 AM) with Jeannine Beckett at the Woodside Pool. Cost of the program is \$35. Please contact Jeannine Beckett to register at 524-8559.

January 20th- Evening Cross Country Skiing - Join Tammy Levesque and Mick Palmiter for an evening Cross Country Ski trip at Gunstock. Please meet at the X-country ski center in Gunstock ski area at 5:30pm. Preregistration with Tammy is requested. Cost of the event is \$15 per person and includes rentals. Please bring a headlamp or notify Tammy if you need one. Event will finish at the X-country center Yurt with a toast to celebrate the evening.