

CountrySide Lakes®

A Shepherd Senior Living Community

APRIL 2017



WELLNESS CALENDAR

CountrySideLakes.com

WELLNESS ACTIVITIES

APRIL 2017

SHORT DAILY SCHEDULE

Circuit Training
3rd Floor Exercise Space

FULL DAILY SCHEDULE

9:00 am
Morning Meditation
3rd Floor Balcony

10:00 am
Functional Flex
3rd Floor Balcony

11:00 am
Outdoor Exercise with BELLA
Backyard Pool Area

1:00 pm
Mindful Basics
3rd Floor Exercise Space

2:00 pm
Adventure Club
Backyard

3:00 pm
Beat the Clock / Timed Competition
Check with Concierge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	SHORT Schedule3	SHORT Schedule4	FULL Schedule5	SHORT Schedule6	SHORT Schedule7	8
	SHORT Schedule9	SHORT Schedule10	SHORT Schedule11	FULL Schedule12	FULL Schedule13	15
16	FULL Schedule17	FULL Schedule18	SHORT Schedule19	SHORT Schedule20	FULL Schedule21	22
	FULL Schedule23	FULL Schedule24	FULL Schedule25	FULL Schedule26	FULL Schedule27	29
30						

AQUA DANCE

Full body dance workout in the pool. All levels welcome.

CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. All levels welcome. Residents will be guided gently through yoga postures while sitting on a chair, with a special focus on breath and alignment.

CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills. All levels welcome.

DANCE PARTY

Learn the latest moves and groove to the beats of your favorite classics. It's the house party you don't want to miss every Friday night! All levels welcome.

FUNCTIONAL FLEXIBILITY

These functional stretches add maximum flexibility to your body. All levels welcome. Benefits include increased mobility, flexibility, coordination, and body balance.

GENTLE YOGA

Conclude your day by soothing mind, body, and soul at this yoga class. All levels welcome for this gentle experience. Benefits include mindfulness, gratitude, and sleep.

H2O CARDIO

This aqua class focuses on using the water as resistance to build cardiovascular endurance, while being gentle on your joints. All levels welcome.

H2O POWER

A challenging aerobic conditioning class in the water. Moderate to advanced levels only.

HATHA YOGA FLOW

Basic Hatha is perfect for the beginner as an introduction to yoga asanas (postures) and/or for the seasoned practitioner who desires a more gentle class and a return to the beginner's mind. All levels welcome.

JOURNEY OF A LIFETIME WALKING CLUB

This ongoing class begins when you identify your next dream travel

location. We create a 10-stop journey between CountrySide Lakes and your destination, complete with maps, collectibles, and other fun commemoratives. Each resident is provided a pedometer and the adventure begins. Logged steps are converted to miles and the progress is tracked and celebrated. Benefits include walking, socialization, and family member participation. All levels welcome.

MINDFULNESS BASICS

Become more mindful, create bi-lateral brain function, and relax. All levels welcome.

MORNING MEDITATION

Start your day by taking time for yourself and resetting your mind. Utilizes breathing techniques and mindfulness meditation. All levels welcome.

STRETCH

Improve total body flexibility. All levels welcome.