



WESTMINSTER

MONDAY

9:00am - Chair Exercise, HBH (Resident led)
9:30am - Chair/Mat Yoga, FS (Amanda)
10:30am - Aqua Lite, AQC (Sue)
10:30am - Balance Ballet, Near Apt 14 (Resident)
2:00pm - Tai Chi, FS (Julie)
2:00pm - Meditation, Chapel (Leah)
3:15pm - Laughter Yoga, Solarium (Leah)

TUESDAY

9:00am - Chair Exercise, HBH (Resident led)
9:30am - Total Body Blast, HBH (Amanda)
10:30am - Water Exercise, AQC (Resident led)
11:00am - Pilates, HBH (Cindy)

WEDNESDAY

9:00am - Chair Exercise, HBH (Resident led)
9:30am - Better Balance, HBH (Amanda)
10:30am - Aqua Lite, AQC (Sue)
10:30am - Balance Ballet, Near Apt 14 (Resident)
1:30pm - Get to know your gym (Amanda)
2:45pm - Laughter Yoga, HBH (Leah)

THURSDAY

9:00am - Chair Exercise, HBH (Resident led)
9:30am - Senior Strong, HBH (Amanda)
10:30am - Water Exercise, AQC (Resident led)
11:00am - Pilates, HBH (Cindy)

FRIDAY

9:00am - Chair Exercise, HBH (Resident led)
9:30am - Chair/Mat Yoga, FS (Amanda)
10:30am - Aqua Conditioning, AQC (Amanda)
10:30am - Balance Ballet, Near Apt 14 (Resident)

SATURDAY

9:00am - Chair Exercise, HBH (Resident led)

LEVELS

- LIGHT
- ◇ MODERATE

NOTE: Get to know your Gym, is **"ONLY"** on the last Wednesday of each month. Please check the daily schedule for the location.