

May-June 2022 Fitness Class

Classes listed in blue are held in the pool; Tai Chi is held in the Activity Center (AC) except on days of Resident Council meetings, when it is held in the Horsfall Private Dining Room; Strength & Balance with Nancy is held in the Activity Center*, all other classes are held in the Fitness Center.

Mondays

8:30 – 9:10 am Sit & Be Fit
 9:30 – 10:15 am **Aquacize**
 10:30 – 11:00 am **Strength & Balance**
 12:45 – 1:15 pm **Better Balance, Better Brain***
 1:30 – 2:15 pm **Aquacize**



Tuesdays

8:30 – 9:00 am Stretch
 9:00 – 9:45 am **Beginner Tai Chi with Jean (AC)***
 9:15 – 9:45 am **Strength & Balance**
 10:00 – 10:45 am **Aquacize**
 11:00 – 11:45 am **Aqua Zumba**
 11:00 – 11:45 am **Chair Yoga**
 1:30 – 1:45 pm **Forever Fit**
 2:00 – 3:00 pm **Resident Only Lap Swim**

Wednesdays

8:30 – 9:10 am Sit & Be Fit
 9:30 – 10:15 am **Aquacize**
 10:30 – 11:00 am **Strength & Balance**
 10:30 – 11:00 am **Strength & Balance (Nancy)***
 12:45 – 1:15 pm **Better Balance, Better Brain***
 1:30 – 2:15 pm **Aquacize**
 2:30 – 3:00 pm **Liquid Length (Water Stretch)**

Thursdays

8:30 – 9:00 am Stretch
 9:00 – 9:45 **Beginner Tai Chi with Jean (AC)***
 9:15 – 9:45 am **Strength & Balance**
 10:00 – 10:45 am **Aquacize**
 11:00 – 11:45 am **Water Walking**
 1:00 – 1:45 pm **Beat It!**
 2:00 – 3:00 pm **Resident Only Lap Swim**

Fridays

8:30 – 9:10 am Sit & Be Fit
 9:30 – 10:15 am **Aquacize**
 10:30 – 11:00 am **Strength & Balance**
 11:15 – 11:45 am **Core & More***

Saturdays

11:00 – 11:50 am **Chair Yoga**

*Notes

New June class: **Core & More (On the Floor)** - Strengthen your core muscles (abs, lower back, and anything connected to them) using body weight, stability balls and Fit Balls. Much of this class will be done lying on a mat. Fridays from 11:15 – 11:45 am **starting June 4.**

New time: **Better Balance, Better Brain** has a new time: It will now be held from 12:45 – 1:15 pm on Mondays and Wednesdays.

Strength & Balance with Nancy will be held in the Horsfall Private Dining Room on May 4. No **Strength & Balance with Nancy** May 25 or June 15.

Rena will not be available May 12, 19 and 20 – **none of her classes will be held on those days.** The pool and Fitness Center WILL be open and Jean's Tai Chi class WILL be held 5/19.

No **Tai Chi** class May 12.

Thank you to all who participated in the Spring Fitness Challenge – it was a big success! Watch for more incentive programs to be announced!

Fitness Center Hours

Residents: 24 hours, 7 days per week
Members: 8 am to 8 pm, 7 days per week

Questions? Call Rena or Kristina
 217-344-2144 or e-mail
rleake@clarklindsey.com or
klawhead@clarklindsey.com

Pool Hours

Residents:
 6 am – 8:30 pm, Mon. – Sat.
 6 am – 6 pm, Sun.

Members:
 8 am – 8 pm, Mon. – Sat.
 8 am – 6 pm, Sun.

NOTE: *Only those who are signed up for resident-only lap swimming are allowed in the pool or on the deck from 2 – 3 pm on T/Th. The lap lane and jets are NOT available during aquatic classes (listed in blue above).*