

September-October 2023 Fitness Class Schedule



Location Key: FC – Fitness Center, AC – Activity Center, P – Pool, SP – Solarium Patio

Mondays

8:30 – 9:00 am	Strength & Balance (FC)
9:30 – 10:15 am	Aquacize (P)
10:15 – 10:45 am	Strength & Balance (Nancy)(AC)
10:30 – 11:00	Sit & Be Fit (FC)
1:30 – 2:15 pm	Aquacize (P)



Thursdays

8:30 – 8:55 am	Stretch (FC)
9:00 – 9:45 am	Beginner Tai Chi with Jean (FC)*
9:15 – 9:45 am	Strength & Balance (SP)*
10:15 – 11:00 am	Aquacize (P)
11:05 – 11:45 am	Aqua Zumba (P)
1:30 – 3:00 pm	Resident Only Lap Swim (P)

Tuesdays

8:30 – 8:55 am	Stretch (FC)
9:00 – 9:45 am	Beginner Tai Chi with Jean (FC)*
9:15 – 9:45 am	Strength & Balance (SP)*
10:15 – 11:00 am	Aquacize (P)
11:05 – 11:45 am	Aqua Zumba (P)
11:00 – 11:45 am	Chair Yoga (FC)
1:30 – 3:00 pm	Resident Only Lap Swim (P)

Fridays

8:30 – 9:00 am	Strength & Balance (FC)
9:30 – 10:15 am	Aquacize (P)
9:30 – 10:00 am	Stretch (Hailey) (FC)*
10:15 – 10:45 am	Strength & Balance (Nancy) (AC)
10:30 – 11:00 am	Sit & Be Fit (FC)
11:15 – 11:45 am	Core & More (AC)

Saturdays

11:00 – 11:50 am	Chair Yoga (FC)
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Wednesdays

8:30 – 9:00 am	Strength & Balance (FC)
9:30 – 10:15 am	Aquacize (P)
9:30 – 10:15 am	Mat Yoga with Jessica Nolan (FC)*
10:15 – 10:45 am	Strength & Balance (Nancy)(AC)
10:30 – 11:00 am	Line Dance (FC: 9/13-10/18)*
1:30 – 2:15 pm	Aquacize (P)

Important Notes

- NO GROUP FITNESS CLASSES ON WEDNESDAY, SEPTEMBER 6**, due to Fitness Assessments, and **NO AQUACIZE OR AQUA ZUMBA ON THURSDAY, SEPTEMBER 7**, due to the bus trip.
- Line Dance** returns beginning September 13 and runs through October 18! This class will be co-taught by Rena and resident Sandy Reifsteck. It replaces **Beat It! Seated!**.
- NEW: Mat Yoga with Jessica Nolan** – an 8-week trial of this class will begin September 13! Come try it out!
- The **Tuesday/Thursday Strength & Balance** class moves outdoors again for Fall! Meet on the patio outside the solarium (In case of inclement weather, class will take place in the Activity Center except on days of Resident Council).
- Fitness Assessments** will take place Wednesday, 9/6. You must sign up in advance at the desk outside the Fitness Center. Tests include upper and lower body flexibility, upper and lower body strength, endurance, balance, and agility. **No group classes this day!**
- Another **Stretch** class has been added on Fridays at 9:30 am; it will be led by Resident Engagement intern Hailey.
- Zumba Gold** will be replaced by another day of **Aqua Zumba** on Thursdays at 11:05 am.
- Hydro Motion** has been removed from the schedule.

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.

NOTE:

**Only those residents who are signed up for lap swimming are allowed in the pool or on the deck from 1:30 – 3 pm on T/Th. There is a limit of one time slot per day per resident.*

**The lap lane and jets are NOT available during aquatic classes (listed in blue above).*

** If you remove the lap lane marker, please replace it before you leave the pool.*

Members:

8 am – 8 pm, Mon. – Sat.

8 am – 6 pm, Sun.

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AC - Activity Center AS - Art Studio B - Bar BGL - Billiard & Game Lounge * - Departs from Lobby HPDR - Horsfall PDR HL - Huegy Lounge DR - Laing Dining Room	MMR - Massage/Meditation Room MPG - Masterpiece Gardens MP - Meadowbrook Park MPC - Multi-Purpose Center RG - Resident Gardens RSO - Residential Services Office SPDR - Simon PDR S - Solarium				10:00 Coffee (DR) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 6:30 U of I Football Game (AC)
3:00 Rummikub (HPDR)	Labor Day 10:00 Coffee (DR) 1:00 Opera Appreciation Repeat (HPDR) 3:00 Communion (BGL) 3:30 Bible Study (BGL) 7:00 Euchre (BGL)	10:00 Coffee (DR) 10:30 Indoor Activities Committee (BGL) 11:00 Polish Culture & Language Class (HPDR) 1:00 Van Trip Committee (MPC) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) 7:15 Special Presentation (AC)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 The Nature Fix Discussion (HPDR) 1:30 Everything but the Kitchen Sink Band (HL) 7:00 Outdoor Games (MPG) 7:00 St. Pats Bible Study (SPDR)	9:00 Day Trip: Missouri Botanical Garden (*) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 2:00 Comfort Dog Visit (HL) 3:00 Watercolor in Nature (AS) 4:30 Happy Hour (B) 7:00 Game Night (HPDR)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Resident Gardens Open House Social (RG) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 10:00 Walk to End Alzheimer's (MP) 2:00 500 Card Game (BGL) 6:30 U of I Football Game (AC)
3:00 Rummikub (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 3:00 Floral Decorations Committee (S) 3:30 Movie Committee (BGL) 7:00 Euchre (BGL)	9:30 Resident Council (AC) 10:00 Coffee (DR) 11:00 Polish Culture & Language Class (HPDR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 3:00 Video Scholars (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 Chihuly Documentary (AC) 1:30 Writer's Group (BGL) 3:00 Health Literacy with Liz (HL) 7:00 Outdoor Games (MPG) 7:00 St. Pats Bible Study (SPDR)	9:30 Shuffleboard Tournament (MPG) 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice (HPDR) 1:00 Ping Pong (AC) 4:30 Happy Hour (B) 7:00 Calming Coloring (HL)	Jazz Walk 5pm Meadowbrook Park 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Caregiver Support Group (HPDR) 2:30 Afternoon Social (HL) 2:30 Phase 3 Meeting (DR) 7:30 Movie Night (AC)	Rosh Hashanah 9:30 Billiards (BGL) 9:30 Van to Lowell Hill Horse Event (*) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 Special Presentation (AC)
1:30 Van to Station Theatre (*) 3:00 Rummikub (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Afternoon Movie (AC) 7:00 Euchre (BGL)	10:00 Coffee (DR) 11:00 Polish Culture & Language Class (HPDR) 1:30 Mahjong (BGL) 2:30 Mexican Goodies (HL) 3:00 Video Scholars (HPDR) 7:00 Special Presentation (AC)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:00 Van to North Champaign Shops (*) 1:00 The Nature Fix Discussion (HPDR) 2:00 Library Committee (HPDR) 3:00 Holi with Aditi (AC) 7:00 Rock Painting (HPDR) 7:00 St. Pats Bible Study (SPDR)	10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 2:00 Abraham Lincoln Visit (AC) 3:00 Watercolor in Nature (AS) 4:30 Happy Hour (B) 7:00 Gratitude Notes (MPC)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 6:45 Van to Astronomical Society Observatory (*)
Yom Kippur Begins 2:30 The Readers of CLV "How to Stay Alive While Living" (AC) 3:00 Rummikub (HPDR)	Yom Kippur Ends 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 Opera Appreciation (HPDR) 7:00 Euchre (BGL)	10:00 Coffee (DR) 11:00 Polish Culture & Language Class (HPDR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 3:00 Video Scholars (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 10:30 Van to Flesor's Kitchen (*) 1:30 Writer's Group (BGL) 3:00 Book Club (AC) 7:00 Chocolate Milk Social (HPDR) 7:00 St. Pats Bible Study (SPDR)	Birthday Dinner 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 1:30 Putting Tournament (MPG) 4:30 Happy Hour (B) 7:00 Beer & Board Games (AC)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 1:45 Van to CU Pride Fest (*) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)