

Glenmeadow Wellness Offerings

You'll never get bored with this variety - try something new!

Brain Fitness/Cortex With Insights

Work at your own pace and improve memory, communication, and thinking skills. Schedule orientation, then schedule at your convenience.

Group Exercise with George - 45 minutes

Standing workout, incorporating both cardiovascular and strength training components.

Group Exercise with Laurie - 45 minutes

Standing workout, incorporating both cardiovascular and strength training components.

Line Dancing with Russ - 60 minutes

Enjoy cardiovascular benefits while polishing up your dance skills.

Modified Strength Training - 45 minutes

Workout can be done standing or sitting and incorporates hand weights and resistance bands.

Movin' and Groovin' with Elaine - 30 minutes

Geared for beginners and those with mobility issues, you'll be seated and move to a musical beat.

Stretch and Flex with Laurie - 45 minutes

A great overall workout to improve posture and balance - can be done seated or standing.

Stretch and Tone with Elaine - 30 minutes

A great overall seated workout geared to beginners and those with mobility issues.

Stretch and Tone with Lauren - 30 minutes

A great overall seated workout geared to beginners and those with mobility issues.

Tai Chi for Arthritis - 45 minutes

Ease your arthritic aches and pains by improving flexibility and balance during an 8-week session of this program. Participants should start with class one of the session.

Wellness Talk with Laurie - 60 minutes

Always interesting, always informative - learn how to incorporate healthy choices to improve your wellness one day at a time. Taste-testing included!

Pool Programs

Aquacize with George - 45 minutes

Work up a sweat, without getting sweaty! Water exercise is easy on the joints while achieving a great cardiovascular workout.

Lap Swim

No traffic jams - swim at your own pace and set your own goals for your number of laps.

Pool Walk with Laurie - 45 minutes

Eliminate the pressure on your joints, and get a great beginner's workout.

Supervised Swim with Laurie - 45 minutes

You're not alone - dog paddle or breast stroke - while a staff member stays in the pool with you. (NOTE: staff are not certified lifeguards.)

Whirlpool

Give your tired muscles a little TLC in our swirling, heated whirlpool.



Glenmeadow Wellness Pass

\$20 per month - pay as you go - no long-term commitment

Monday:	9:00 am	Group Exercise with George
	10:00 am	Group Exercise with George
	11:00 am	Aquacize with George
	11:00 am	Movin' and Groovin' with Elaine
	1:00 pm	Tai Chi for Arthritis
Tuesday:	10:00 am	Line Dancing with Russ
	2:45 pm	Modified Strength Training with Laurie
Wednesday:	9:00 am	Group Exercise with Laurie
	10:00 am	Stretch and Flex with Laurie (biweekly)
	11:00 am	Pool Walk/Supervised Swim with Laurie (biweekly)
	11:00 am	Wellness Talk with Laurie (biweekly)
Thursday:	2:45 pm	Modified Strength Training with Laurie
Friday:	9:00 am	Group Exercise with George
	10:00 am	Group Exercise with George
	11:00 am	Stretch and Tone with Elaine
	11:00 am	Aquacize with George
Saturday:	11:00 am	Stretch and Tone with Lauren
	1:15 am	Line Dancing with Russ
All:	8:00 am - 7:00 pm	Brain Fitness/Cortex With Insights
	8:00 am - 7:00 pm	Lap Swim

General Disclaimer:

Program participants must be 62 and over.

If space or services are limited, priority will be given to Glenmeadow residents.

