


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15-8:45 am Moving Water		8:15-8:45 am Moving Water		
8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	8:30-9:00 am Summit Striders	
9:00-9:45 am Splash Fitness	LINE DANCING 9:00-9:55 am	9:00-9:45 am Splash Fitness	LINE DANCING 9:00-9:55 am	9:00-9:45 am Splash Fitness	
9:30-10:00 am Energy		9:30-10:00 am Line Dancing Practice		9:30-10:00 am Energy	
10:00-10:45 am Lift and C.L.I.M.B.	NEW! 10:00-10:45 am Forever Young	10:00-10:45 am Lift and C.L.I.M.B.	10:00-10:30 am Strength & Balance II	10:00-10:45 am Lift and C.L.I.M.B.	
1:30-2:00 pm SHAPE Up	NEW! 10:45-11:00 am Stretch it Out	1:30-2:00 pm SHAPE Up	10:30-11:00 am Strength & Balance I	1:30-2:00 pm SHAPE Up	
2:00-2:45 pm PWR!Moves					
2:00-2:30 pm WAVES	1:30-2:00 pm WAVES	2:00-3:00 pm Crafters' Circle	1:30-2:00 pm WAVES		
3:00-4:00 pm Jeopardy	3:00-3:45 pm Chair Volleyball				



Crafters Circle

Come join us and make some fun items - open to all skill levels - if you want to learn a craft come on down if you know a craft come and share your skills and join us for some fun conversation.

Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	10:30-11:00 am Balance 101 in the Wellness Center	10:00-10:30 am ROM	11:00-11:30 am Sway
10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	11:00-11:30 am FIT & FUN	10:30-11:00 am Move and Groove in Reflections	
11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	11:30 am-12:00 pm Walk and Talk	11:00 am-11:30 pm Strength and Stretch	
2:00-2:30 pm PWR Moves	1:30 pm-2:00 pm WAVES		1:30 pm-2:00 pm WAVES		

AUGUST EVENTS



Hawaiian Dance Lessons
 August 2nd & 9th at 10am
 in the Wellness Center
 We will learn to tell a story through dance and our hand movements.

Hawaiian Luau
 August 14th
 Get your grass skirt Ready!

YaYa Day

August 8th • 9am

Join in on this one day event sponsored by Spartanburg Methodist Church.

Lunch at the Blue Moon
 August 30th
 11am



CLASS DESCRIPTIONS

Do you want to get back into your workout schedule, need some improvement? Stop by the Wellness office and let us help you get your program started.

Chair Dance: Move to the beat for this fun cardio workout.

Chair Volleyball: Like traditional Volleyball but one part of your body (bum) stays in the chair the entire time. Come have some fun with us!

Energy: A moderate cardiovascular class with strength-training moves.

Forever Young: We alternate working the heart and the muscles to keep you strong and moving.

Jeopardy: Trivia class based on the popular TV trivia show "Jeopardy!" - a great way to engage your mind and have a fun time!

Lift and C.L.I.M.B.: Work the upper and lower body for a great total body workout.

Move and Groove: This is a class for everyone, we will move all our joints within their range of motion these exercises are done to preserve flexibility and mobility of the joints.

Moving Water: A mild cardio class incorporating range of movement exercises, with strength and flexibility exercises.

PWR!Moves: A Parkinson's specific exercise program focusing on large fast functional movement.

Scrabble: A word game in which players score points by placing

tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns.

SHAPE (Seniors Having Active and Purposeful Exercise) Up: Strengthening lower body and upper body with a little cardio.

Sit and Be Fit: This class is a combination of upper and lower body functional exercises to improve ADLs (activities of daily living).

Splash Fitness: Cardio class designed to build endurance, incorporating strength and balance work.

Strength and Balance: This class focuses on improving your balance while strengthening the core and legs. (Level 1 - works on the basics of balance for those new to balance work.)

Summit Striders: A fun walking group and a great cardiovascular exercise.

WAVES: Our award winning aquatics class designed to soothe anxiety, improve appetite and strengthen the bond between members and their caregivers.

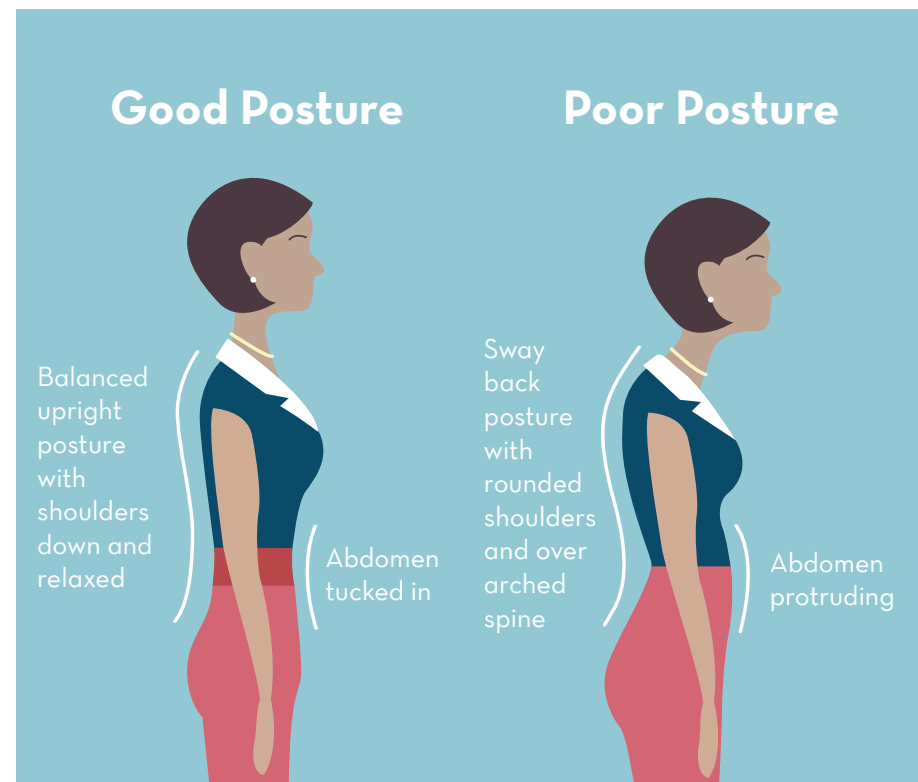
Yoga: Presents an introduction to basic yoga poses. Focus will be on stretching and coordination to movement. Suitable for people new to yoga and adaptable to chair.

MOVE OF THE MONTH!

Wellness is starting a Move of the Month Challenge! Sometimes our Move of the Month is just one move, other times it maybe a series of moves. But our aim is to progress in some way.

August we will focus on mastering our posture.

Stand tall, PROUD, slide your shoulders into your back pockets, lengthen through the crown of your head and remember your arms belong on the side of your legs.



Come see us in Wellness if you need some help with your posture!



Exercise Benefits for Seniors

- Increase mental capacity
- Increase life expectancy
- Improve quality of life
- Increase balance
- Prevent disease
- Improve healing

AUGUST 2018 WELLNESS SCHEDULE


SUMMIT HILLS